

ABSTRACT OF THESIS

THE HOUSEKEEPING AIDE PROJECT
OF THE WORK PROJECTS ADMINISTRATION
IN BORGER, TEXAS

Submitted by
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In partial fulfillment of the requirements
for the Degree of Master of Education
Colorado State College
of
Agriculture and Mechanic Arts
Fort Collins, Colorado
August, 1943

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ABSTRACT

For six years the Work Projects Administration House-keeping Aide Project had functioned in Berger, Texas. In order to evaluate the results of this project this present study was made.

The problem

How has the Work Projects Administration Housekeep-
ing Aide Project in Berger, Texas, helped to rehabilitate
the families which were serviced?

Problem analysis

The problem has been analysed to include the follow-
ing questions:

1. What type of families did the housekeeping aide
project serve?
2. What aid did it give?
3. What changes were noted in these families after
receiving help from the housekeeping aide as to
 - a. Status of health
 - b. Home practices
 - c. Effectiveness of buying

Delimitation

The problem was limited to the study of 20 families
serviced in Berger, Texas for the year of 1941-1942.

Procedure

The 20 families on whose experiences this study was based were selected by the county welfare worker who had worked with these families for a period of years. They were chosen from the county relief files from among the families having received help from the housekeeping aide project during the year of 1941-1942. Some of the families were depending on relief for help, while others were border-line families that needed help because of an emergency.

The information needed for the study was secured from the official request for aid, case histories from the welfare office, the daily reports of the workers, the home surveys, home visits by the supervisor, the records at the commodity store, and the services offered by the informational assistance center. The results as tabulated from these sources were used in summarizing the findings in regards to the value received by the 20 families serviced.

Summary of findings

Comparison of services rendered to all families serviced with those given to the families in this study.--- The majority of the families received 100 per cent service in the routine of the different types of work done in the homes. Eighty five per cent of the families of the study group attended the adult class while only 45 per cent of the total group attended.

Types of family served.--1. Twenty five per cent of the families depended on odd jobs.

2. Forty five per cent of the families were working at jobs that paid a definite salary and 25 per cent of them were government compensation.

3. The number of children in family groups varied from 2 to 11. The majority of homes had six children.

4. Only 45 per cent of the homes had magazines and 20 per cent had books.

5. Ten per cent of the mothers and fathers completed the eleventh grade and five per cent the tenth grade. The majority of both never progressed beyond the seventh grade.

6. Twenty per cent were average in social status according to their standard of living. Seventy per cent were classified as low or very low.

7. Thirty per cent of the families had cars in running condition. Three families had trucks.

8. Most of the families had some kind of domesticated animal.

Housing condition.--(1) Seventy five per cent of the families lived in some kind of wooden building. The other families lived in a tin shack, a half dug-out, a scrap iron shack and a stucco building.

(2) Two of the homes had dirt floors. Eighty per cent of the floors were of unfinished wood. Seventy five per cent of the walls were unfinished. Three had rafter ceiling.

(3) One hundred per cent of the families cooked and ate in the same room. Fifty-five per cent had beds in their living rooms. Only six families had separate bed rooms.

(4) The number of windows varied from two to ten in the homes. Fifty five per cent were without screens.

(5) Eighty five per cent of the families used city water. Eight of the families either hauled or carried water by hand.

(6) All families were provided with electricity, kerosene, or gas lighting facilities.

(7) Seventy per cent of the families used gas for heating. Sixty five per cent cooked with gas. Wood and kerosene were in use by 25 per cent. One family used electricity.

(8) Almost all of the homes were provided with outdoor toilet facilities. Seventy five per cent of the homes were without sinks. Garbage was thrown in the yard in 45 cases. Seven families fed the garbage to animals.

(9) Little provision was made in the homes for the storage of fresh foods. Only 30 per cent had some type of cooler. Storage space for clothing was decidedly lacking. Seventy five per cent used nails in the walls for hanging clothing. Boxes were used in 65 per cent of the homes.

(10) Furnishings such as kitchen stoves, straight chairs, and pictures were in every home. About three fourths of the families had heating stoves and kitchen tables. One half of the families had sewing machines, dresser, kitchen cabinets, wooden bedsteads, and radios. Other furnishings were found in only a few homes.

(11) Enough beds of some type were available to all but four families. Three or more beds were found in each room in half of the cases. In nine of the homes children slept with the parents.

(12) Over one half of the houses had window shades, but many of them were in very poor condition. Twelve homes had no curtains.

(13) Laundry was done outside the house in tubs in three fourths of the homes. Flat irons were used in 60 per cent of the homes. Every family had brooms and cleaning rags. Soap was found in practically every home. One hundred per cent of the homes had bath towels.

(14) Practically all the yards were ill-kept.

(15) Fifteen per cent of the families attempted gardening.

Food habits.--(1) All the families ate between meals. Over one half of the families had their meals together with enough equipment to set the table in some fashion. Only two families used separate drinking cups.

(2) Only four families had done any type of canning.

(3) Salt pork was used daily by 20 per cent of the families. The families used meats only occasionally.

(4) Potatoes were used daily in 100 per cent of the homes. Dried vegetables constituted the weekly food supply. No regular use was made of vegetables in the families.

(5) Fruits were seldom found in the diet.

(6) Dairy products and eggs were used daily by few families. The products were used only occasionally by all families.

(7) Cereals were used daily by the families. Rice-cuit, cornbread, and white bread were eaten by all the families, but no cakes or pastries except occasionally.

(8) Coffee was used daily.

(9) Very few staple groceries were found in the homes. Commodity store supplies were found in all the homes. Syrup was used by 75 per cent of the families.

Types of aid given.---(1) All families received some type of home improvement in the home. Eighty five per cent had cracks in the walls covered. Kitchen shelves were built in 15 of the homes. Storage space was arranged in 55 per cent of the homes. Window screens were mended in 45 per cent of the homes. Holes were mended in 40 per cent of the floors. Painting, papering, mending steps, making scrub mops and a table were accomplished in a few homes.

(2) Ninety per cent of the homes received care of the sick. Fifty five per cent of the mothers received pre-natal

and post natal care. Influenza was cared for in 45 per cent of the homes. Measles, mumps or pneumonia were cared for in several of the families.

(3) Forty-five per cent or fewer of the families made new garments. Clothing from the commodity store was altered in 90 per cent of the homes. Renovated clothing was made in 70 per cent or more of the families. New curtains were made in 95 per cent of the homes.

(4) Laundry was performed in 100 per cent of the homes. Special articles as blankets and pillows were laundered in a large number of the homes.

(5) General house work to remove the clutter, make beds, sweep floors, dust furniture and wash dishes was done in all the homes.

(6) Special cleaning was done in 95 per cent of the homes.

(7) Ninety per cent of the children were cared for while mothers were ill. Training habits of the children such as eating, resting, toileting and playing were practiced in 100 per cent of the families.

(8) Meals were prepared in all the homes. Beans, potatoes, cornbread, and biscuits were prepared in 100 per cent of the homes. Various vegetables were prepared in 85 per cent of the homes while aides were there.

(9) Seventy five per cent of the yards were cleaned. Less than one half helped dispose of garbage and repair the fences.

Changes as noted in families.---(1) Practically all of the fathers and mothers of the families improved in health. The mothers showed the greatest improvement. Eighty per cent of the mothers were rated as having average health after receiving aid.

(2) Ninety per cent of the homes revealed a change in general appearance. Eighty per cent of the floors were cleaner. Sixty five per cent of the beds were cleaner. Dish washing improved in 40 per cent of the homes. Pests were eradicated in 15 per cent of the homes.

(3) Home improvements such as repairing kitchen cabinets, improvizing kitchen equipment and mending broken furniture were accomplished in several homes. Less than 20 per cent of the families continued to renovate clothing.

(4) Sixty five per cent of the patients showed an improvement after the aide had cared for them. The children were cleaner in 75 per cent of the homes.

(5) Sixty per cent of the children had better sleeping habits. Forty five per cent of the children had better toilet habits.

(6) All families improved in using surplus commodities. Foods were stored more carefully in 30 per cent or more of the homes. Window coolers were made in about half of the homes. A few of the families used meat substitutes, bought fresh milk and set the table better.

(7) Gardening was done by a very small per cent of the families.

(8) Three of the families made no noticeable improvement after receiving aid.

(9) Less than one half of the families improved in buying habits. Only five per cent of the families made a plan for spending money.

(10) Shopping with a list helped a few with their limited amount to spend.

Implications

1. Many conferences and such instruction would seem to be needed for training the homemaker to become efficient.

2. Increased wages would seem to improve conditions of these families according to economic and social status.

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T H E S I S

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I HEREBY RECOMMEND THAT THE THESIS PREPARED UNDER MY SUPERVISION BY ELIZABETH CHENOWETH

ENTITLED THE HOUSEKEEPING AIDE PROJECT OF THE WORK PROJECTS ADMINISTRATION IN FORGER, TEXAS

BE ACCEPTED AS FULFILLING THIS PART OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF EDUCATION

MAJORING IN HOME ECONOMICS EDUCATION

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Chapter I

INTRODUCTION

Nearly 3,000,000 men and women in the United States were unemployed in March, 1929. By December, 1930, the number of the unemployed increased to 6,000,000. Toward the close of 1931 efforts of various kinds had been made to solve the largest unemployment problem in the history of the country, the number waivering around 8,000,000 (30). In December, 1931, relief throughout the country was wholly inadequate. Many people were evicted from their homes on account of inability to pay rent. Relatives and friends who granted assistance to kin and acquaintances had unusual financial troubles, families were broken up while the conditions of the unemployed rapidly grew worse. In some sections of the country, there was unemployment in each third home (30). In July, 1932, the American Federation of Labor estimated that there were 12,000,000 unemployed persons in the nation (30).

On July 12, 1932, The Emergency Relief Act was signed by President Hoover (62), which authorized the Reconstruction Finance Corporation to make available to states \$2,000,000 to be used in furnishing relief to needy and distressed people. The federal agency soon received applications from almost every state in the nation for its share in these funds.

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On May 12, 1933, some two months after his inauguration, President Roosevelt approved The Federal Emergency Act (62). This measure appropriated \$50,000,000 to aid the states in meeting their immediate relief needs. Under this act, relief was administered through the commissary and through the grocery order. Each of these plans helped the destitute to survive for the time being, but there still remained the stigma of charity, which many people who received felt so strongly.

Realizing the inadequacy of previous relief programs for the unemployed, President Roosevelt was instrumental in securing the passage of the Civil Works Administration Act in November, 1933 (62). Its chief purpose was to put 4,000,000 unemployed citizens to work as speedily as possible and to keep them at work through the winter. Work on roads constituted by far the greater part of this work. Very little employment was provided for women.

In the spring of 1934 the Civil Works Administration work program closed, and unemployed people were placed back on direct relief. Distress and suffering again mounted, and from April, 1934 to April, 1935 pressure continued on Congress for the return to a works program that would take the unemployed off the relief rolls.

On April 8, 1935, The Emergency Relief Appropriation Act was signed by the President. The act provided for a Federal Works Program. The aim of the Work Projects Administration was to see that 3,500,000 persons were put to work at once. The program was to provide work for women and white collar workers as well as un-

skilled workers. While the construction program under the Civil Works Administration was very acceptable to skilled and semi-skilled persons, it was no answer to the complaints of 400,000 unemployed women and 317,000 white-collar laborers.

The Professional and Service Division of the Works Projects Administration began at once to try to solve the problems of each group under its supervision. Housekeeping Aids projects and sewing projects, started in all sections of the nation. Jobless women made clothing for ragged children and canned surplus food for the hungry. Millions of school lunches were served by the groups also. The Work Projects Administration opened thousands of new libraries and taught a million illiterates how to read and write. This program gave unemployed women and men an opportunity to find a place for themselves and to earn a wage, thereby maintaining themselves and their children in a more decent standard of living and allowing all concerned to enjoy a more abundant life.

Finally, when the nation became dedicated to the task of finding employment for the unemployed, destitute citizens, out of the wisdom of a trained intelligence that organized the whole nation into a workshop for the relief of the unfortunate, there was conceived the plan for the employment of women who were without work or support for their families. This plan is well known as the Housekeeping Aide Project of the Work Projects Administration.

The Housekeeping Aide projects provided employment for needy persons through furnishing free home assistance in house work and care of children to households of the needy where the housewife was temporarily incapacitated because of ill health, confinement, or work outside of the home. The project employed women who were qualified by native intelligence and by their own experiences to follow simple instructions in housekeeping work. The exact services rendered by the aides varied, of course, with the requirements of the needy families to which they were assigned.

The workers were trained to be imbued with a sense of the importance of the work and were required to have a genuine desire to alleviate suffering and to benefit needy homes. Families whose names were transmitted by referral agencies could secure help with the problems of sanitation, washing, ironing, clothing repair, meal preparation, health, child care, or house cleaning. The housekeeping aide was expected to perform any household task which promoted normal standards of health, cleanliness, and home conditions.

Standards of living vary in different parts of the country. The aims of the project were therefore adapted to varying standards and the supervisor made sure that the types of work which the aides were instructed to perform were appropriate to local needs.

In the six years of the existence of the Housekeeping Aide Project in Borger, Texas, no evaluation has been made of the assistance rendered by the project in helping to rehabilitate

the families in this locality. The consensus is that the services given to the homes of the unemployed, the helpless, and disheartened people served to the greatest extent in bringing back the general rehabilitation of those people; however, in order to justify expenses, facts rather than opinions are necessary. For this purpose the present investigation was undertaken.

The problem

How has the Work Projects Administration Housekeeping Aide Project in Borger, Texas, helped to rehabilitate the families which it served?

Problem analysis

To solve the above problem it is necessary to answer the following questions regarding general living conditions of those families.

1. What type of families did the housekeeping aide project serve?
2. What aid did it give?
3. What changes were noted in those families after receiving help from the housekeeping aide project as to,
 - a. Status of health.
 - b. Effectiveness of buying.
 - c. Home practices.

Delimitation of the problem

The problem was limited to the study of twenty families it served in Borger, Texas, for the years of 1941 and 1942.

Definition of terms

Aide, the worker who is trained by the Supervisor to be assigned to the requested home to perform the services needed in the home.

Referral committee, a committee established to accept request for housekeeping aide service. The committee was composed of the county welfare worker, the county Red Cross secretary, the city doctor, the county doctor, the school nurse, and a member from the city ministerial association.

Training center, a place to provide a workshop where the supervisor may give instructions and training to the workers for their job in the homes to which they are assigned. It should also serve as a demonstration of possible accomplishments in the use of resources available to a low-income family.

Field worker, a contact person between the project center and the workers in the homes. It is her duty to visit the aides at work in the homes and to assist in the planning of work. She should assist the aide with her work when necessary and give spot training by working along with her.

Chapter II

REVIEW OF LITERATURE

It is the purpose of this chapter to review several studies which cover aspects of housing conditions, sanitation and health, family relationships, food habits and buying habits of families in the United States, for those families whose problems are similar to those of the families under study in this report.

Housing conditions

Handman (32), at the National Conference of Social Work in 1926, stated that it is the Mexican immigrant who causes housing problems. He brings his family to the two-or-three-dollar-a-week corral with one room, a lean-to, outside toilet, no furniture, and little hygiene. This condition makes stabilization of housing conditions exceedingly difficult.

Ihlder (39), an authority on housing, predicted in 1935 that there would be a million fewer school children in 1940 than there were in 1930, in part the results of apartment living. Recognizing that there were parts of the housing field from which private enterprise had retired and in which it could not function, the federal government established agencies which have reclaimed slums and provided needed low-rent housing.

Wickers (70), 1938, in his article on "remodeling possibilities for farms," made this suggestion: "Consider the individual

a little more and the thing that he produces a little less." In other words, he felt that the major emphasis should be on the farmers and their families, their health, happiness and well being and that the secondary emphasis should be on production and material gain. He said, also, that a house more than twenty-five years old should not be remodeled as it would cost more to make it into an attractive building than it would to build a new one.

Chapin (16), 1940, gave the results of an experiment in the study: "Is the condition of a slum family improved by rehousing?" An affirmative answer to this question was accepted as justification for the expenditure of millions of dollars. This study was designed to measure the effects of good housing upon former slum families rehoused in summer field homes in Minneapolis. His most interesting findings are as follows:

1. There were no significant changes in morale or in general adjustment in 1940 as compared to 1939.
2. Both resident and controlled groups gained in social participation from 1939 to 1940 but the resident families gained twice as much in absolute score as did control groups.
3. Both resident and control groups gained in social status from 1939 to 1940, but the resident group showed a gain of greater magnitude.
4. A score made on the condition of furnishings of the living room showed a striking gain for the residents but a real loss for the control groups for a twelve months period.
5. Both resident and control groups had improved in percentage of families "overcrowded" in 1940 over the same item in 1939, but the gain of the residents was about three times that of the control groups.

6. Improvements in conditions accrue in much larger degree to residents of the project and seem to justify the housing program in so far as facts of this study are concerned. (16:868)

Sanitation and health

Sydenstricker (62), reported in his study on health and environment made in Hagerstown, Maryland, 1933, that the illness rates classified according to economic status, sanitary conditions of the homes, excretion disposal, source of milk supply, and degree of household congestion could be summarized in cases per 1,000 persons as follows:

Well-to-do	991
Moderately rich	1,068
Poor	1,113

He found that the inverse relationship between economic status and adult illness was clear cut and that illness was clear cut and that illness among children of low income groups was more frequent than among higher income groups. He found, also, that a smaller proportion of school days were lost by children in the families of professional, salaried, and merchant classes than by children from the lower salaried groups. Poor health was found to be more prevalent among the low-salaried groups than among the more fortunate. The rate, however, was relatively greater among children than among adults.

Brown (13), 1936, found in Brownsville, Texas, that 46 out of the 100 Latin-American homes in study had either a tub or a shower both for bathing facilities; the remaining 54 families

probably used wash tubs or the beach for bathing. In the small overcrowded houses of the latter group this practice presented problems of health and management, and there was little privacy. Eighty-five of the houses had city disposal of garbage. This large number was due to city regulations. In 15 of the 100 homes the garbage was either burned or fed to animals. In two cases it was thrown into the yard.

Tinsley (66), in 1936, discovered that the lowest percentages of the families having good health were in the lowest income group. In this group were also found the most crowded living conditions, the fewest conveniences in the home, and the least consumption of proper food.

The Federal Works Agency (25), 1940, reported that the Housekeeping Aide projects provided non-nursing service in homes where the regular homemaker was incapacitated or where some other emergency existed. Up to the end of 1939, over 17 million visits had been made by housekeeping aides, who rendered the needed emergency assistance and also attempted to introduce into the home better methods and higher standards which would be of permanent value to the family.

Family relations

Sayles (55), 1928, remarked that so important is compatible family life between adults that, if children can see in their elders satisfaction in each other, the foundation is laid in them for a wise choice of a mate. She also emphasized the

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understanding of "one's own emotional behavior" as prerequisite to any type of family adjustment.

Thurstone (65), 1928, said, "attitudes is the sum total of man's inclinations and feelings, prejudices or bias, preconceived notions, ideas, fears, threats, and convictions about any specific topic." (65:529)

Some writers, Dennis (21), in 1934, Reed (51), 1932, and Starrak (59), in 1935, listed very specific points which determine success in home relations: (1) health, (2) religion, (3) finances, (4) in-laws, (5) age, (6) certain personality traits.

Brown (13), in 1936, found that, according to American standards, improvement of family relationships, home improvement for both convenience and attractiveness, better meals, better sanitation, better management of money and energy, and better care and development of children were essential needs for Mexican groups of people in Brownsville, Texas. They needed, again according to American standards, better methods of serving meals, better planned meals, more vegetable gardens and more storage facilities for food. Much could be done in improving sanitary conditions.

Entorf (24), in 1937, found that mental health was relative to the family in the following ways:

(1) there must be an inner adjustment of every aspect of the personality involving a dynamic concern about one's behavior, not merely a neurotic preoccupation with the mechanics of adjustment; (2) there must also be effective adjustment to one's external environment; (3) since every individual's reaction is due to his ambitions, personal desires and fears, these must be accepted and

understood before applying the first principle of mental health, to face squarely every problem as it arises. (24:232)

Harwood (36), 1937, reached the conclusion in her study of attitudes of mothers and daughters toward social problems that there was need for more consideration of the qualities necessary for harmonious living together in the family. She suggested that remedial work be done through the formation of adult and parent organizations to study situations causing conflicts in the family.

McRoberts (43), 1938, found that the program of the Work Projects Administration was widespread interest because of the frequent discussion as to whether or not it could be considered a real work program or merely the giving of relief in the form of work. The attitudes and family situations of a small group of Work Progress Administration employees shed light on the meaning of such a program to individuals.

In this study McRoberts disclosed that the factors of age, education, special training, and the physical conditions of the men necessarily enter into consideration in determining the employability of the men. It was found that many men who would be considered unemployable by private industry, in view of their age and physical disability, were employed on Works Project Administration projects. The men in the study were all classified as workers or laborers by the Work Project Administration office. A large majority of the men had not been laborers previously and their work on Work Project Administration projects would not prepare them for a return to private industry in their

former occupations.

The study further disclosed that the family problems, which brought families to a social case work agency, appeared to be in a large part the results of the change in work habits, income and attitudes of the men. The outstanding problems resulted from ill health, family maladjustments, broken homes, and emotional conflicts. The treatment plans of the agency were in accordance with the problems found. A great majority of the wives attributed their family problems to the unsatisfactory work life of their husbands. They also expressed fear that the men would lose their skills as a result of employment on projects which did not teach them useful work habits nor permit them to acquire further training and experience. The men attributed their excessive drinking and lack of interest in their homes to their unsatisfactory work life. Half the families were unable to live on the wages received on Work Progress Administration projects and supplementation was provided through varying agencies. This lack of sufficient income to meet the family needs resulted in serious family problems.

McRoberts also found that more than one half of the men spoke of returning to their former occupations as soon as possible. Private industry meant real work to them. A small minority were willing to accept jobs under the Work Projects Administration in terms of real work provided by the government to take families from the relief rolls, but they did not want to think of these jobs as permanent employment.

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Dodge (25), in 1938, pointed out that the homemakers of the present are living in an economic world for which they are not trained. In order to meet the needs of the homemaker, it is important that not only they acquire skill in the productive activities of the home, but that they learn to appreciate the problems involved in earning and spending the family income.

Privey (50), 1940, argued that emotional needs, the need for security, for belonging, for attention and recognition, the need to love and be loved, are best met in family life and that the satisfaction of these aspects is the important functions of the home today.

Harvey (35), 1941, declared that the major need today is the development of a better world, and the housekeeping aide was a potent influence in the achievement of that end. The creed of the housekeeping aide was not only to outdistance catastrophe, but to preserve and improve civilization. Harvey stated that the citizens of the United States, 165 years after declaring independence, have the only first class nation in the world. We, as citizens, have a higher standard of living for workers; as a nation, there are more children in the public schools, regardless of race, color, or creed, than are found in any other nation on earth. We have become the best scientists, the best chemists, the best engineers, and the best doctors in the world. We have more than 200 symphony orchestras; therefore more people can hear good music than can the people of any other section of the globe.

Every seventh person has a telephone, every fifth person a radio. There are 15,000 movie theaters. Only four per cent of the population is illiterate. We have the finest transport systems, both in the air and on the ground; we have the best and finest presses; more religions, more political theories, and more licenses to practice, discuss, and inquire into them than any other people. This, however, is a country of violent contrasts. We have more than 500,000,000 of acres of land available for crops, but we still have not learned how to plant them properly, or to distribute properly the products from them. We have the richest country in the world; yet we had at one time 9,000,000 unemployed and 45,000,000 people who did not get sufficient food to nourish their bodies properly.

Harvey also stated that there are 9,000,000 Negroes in our country. Less than 80 years ago, one out of every 13 citizens was then under the yoke of slavery. Now free of slavery, yet we still have the problems of equality, of education, and of housing and health for our black population. These are not provincial but national problems.

Harvey further stated that intolerance, bigotry, and sectionalism are found in America but not to a dangerous degree. Taking into consideration all of our inequalities and short comings we were in 1941 according to Harvey the only people in the world living as free men, able to worship at our own altar, speak our own faith and walk erect. And yet, there are child-killers abroad in our land as deadly as though they carried guns. Sixty-five per

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cent of our population is unable to afford adequate medical care. Every year 35,000 children are left motherless, 10,000 women die in childbirth from diseases due to pregnancy, and more than half of these deaths are preventable. Every year 120,000 babies die, 50,000 between two and twelve months of age. Every year 50,000 babies are still born. Every year 70,000 babies die before they are a month old, and of these deaths one third are preventable.

Harvey stated that of 43,000,000 children under eighteen years of age, 16,000,000 were in families with incomes of less than \$800.00 per annum, or on relief. In the cities and small towns of farming sections, 33 per cent of our total housing capacity was sub-standard. Many of the homes visited by housekeeping aides were structures of one and two rooms only. It sounds pleasant to say that America had 20,000,000 boys and girls in elementary school, but to continue and say that America had 1,000,000 boys and girls who ought to be in elementary school and were not, is not so pleasant.

Food and buying habits

Jamett (40), in 1936, made a study to determine the food buying habits of 100 homemakers in Yoakum, Texas. The results which were pertinent to the present study were as follows:

1. Urban women tend to buy daily, while two-thirds of the rural families buy weekly.
2. Shopping with a list is not the practice of the majority of the families.
3. Only seven of the 100 reported the use of labels as a guide in buying.
4. The majority of the homemakers lack familiarity with the standard size of cans.
5. The majority of the families in the community are not familiar with cuts of meat and designate the amount of meat desired in terms of weight.
6. Less than half of the families reported buying graded eggs.
7. Rural families tend to buy flour in larger quantities than do urban families.
(40:46)

Mathews (46), in 1936, favored consumer education and found that a clothing study was of interest to women and girls, because almost every woman must sometime in her life select clothes for herself and often for members of her family.

Tinsley (66), 1936, stated that 91 per cent of the 100 families studied in her thesis were credit buying although these people were all on a salary or wage basis. The people in the low-income group used less than a pint of milk per person per day, yet this group had more cows than either of the other groups. Fruit was used daily by 84 per cent of the group as a whole. Of the 16 families not using fruit, 13 were in the lowest income group where there were the most children.

Brigham (12), 1939, in Waste Not-Want Not reported that 60 per cent of the farm families met the average minimum requirements in every nutrient. This left 40 per cent of the people whose diet was not adequate and who were wasting their energy for lack of good food. Low incomes play a large part in the wastes of human and national resources in America. One of the biggest wastes of our time is that of human energy caused by sickness and malnutrition. The family should not only be health and well-fed, but should have a suitable abode also.

Hambidge (31), 1939, in his article, "Nutrition as a National Problem," found that there were three questions to be answered: 1. What do people need in order to be well-nourished? 2. Do we Americans as a whole actually get what we need? 3. If we don't, how can we get it? As a whole he believed that we were a long way from being well nourished as judged by modern standards. Hambidge also referred to some estimates made by the Bureau of Home Economics from the results of the dietary section, which follow: More than half of the city and village families surveyed had diets that could only be rated as poor; that is, in one or more nutrients they failed to cover average minimum requirements and thus were not safe. Nutritionally, a little more than a third of the families used diets that could be rated as fair--not good, but passable. This left about 10 per cent of the city and village families with good diets. One family out of every 10 used a good diet; less than 4 out of every 10 had a passable diet; more than 5 out of every 10 had a poor diet.

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Hambidge also found that farm families showed up a little better. Undoubtedly this was due to the fact that they produced part of their own food on the farm and this part could consist largely of protective foods. In order to give even possible diets to the 50 per cent of our people who now have poor diets, it would be necessary to consume, on the average, 90 per cent more of the tomato and citrus fruit groups, 10 per cent more butter, and 15 per cent more milk. This would leave only 10 to 20 per cent of our people with good diets, but it would mean that all of the remaining 80 to 90 per cent would be above the nutritional danger line. Overcoming the third barrier is a matter of continued education through all well known channels.

Brunner (15), 1940, remarked that woman is the purchasing agent, the consumption manager of the household; and connected with the efforts she strives for in foods and decoration, clothing and recreation, is the whole realm of values, both tangible and intangible. In no segment of society is the training more important than for those in the lower third economically of the nation. If they are to be reached by education, it must be done through adult education.

Van-Scyckle (68), 1940, remarked that when, in buying food, the income changes and prices remain the same, the consumer must arrange her budget to meet this change. The effect of income on demand for food is more noticeable at the lower economic level and varies for different foods.

Harding (34), 1941, in his article "Americans' Food Problem," found that a basic essential in national preparedness was a well-fed, well-clothed, well-housed rural population, and quoted Secretary of Agriculture Wickard as saying, "With twenty million people living on an average of five cents per meal, we can hardly say that people are free from want now."

Harding called attention to a survey made in New York City in 1934 which disclosed that 70 per cent of the children in east side schools were backward in their studies because they were undernourished. The Bureau of Home Economics in 1939 cited deficient diet in low-salary city families not on relief and earning between \$500 and \$2,000 a year.

Harding also stated that surveys of various workers, shortly before 1939, showed widespread undernourishment among the low-income classes in general.

Harding continued by saying that the first step to improve this situation was to regard our entire production and distribution of basic farm commodities as requiring intensive application of scientific knowledge to every phase of the problem, from preparing the soil and sowing the seed to the serving of food and the distribution and consumption of farm commodities by those who need them.

Moore (47), 1941, quoting another writer stated the following:

"Here of course, is the cryptic statement that a philosophy of living does not develop on an empty stomach. Here is the field for every American woman in her own community--the elimination of hunger and human suffering in order that ideals of democratic living may become a reality for the least of these who live in our land. Here is the recognition that in our pre-occupation with international problems, we must not forget our own human problems."
 (47:17)

Biester (7), 1942, through significant study, estimated that 45 million people live below the nutritional safety line. They do not get the food they need, due to the lack of knowledge, poor eating habits, or poverty.

A study was carried on among 500 families, clients of the Farm Security Administration, in the state of Arkansas, Louisiana, and Mississippi during 1940 by Thompson and Jelks (57). Mimeographed questionnaires were sent to the state offices of the Farm Security Administration in the three states. The county home supervisors and clients filled them in together and returned them to the state offices. The investigation discovered that 83 per cent made house dresses for women, 63 per cent made underwear for women and 61 per cent made better dresses for women. Of garments for girls made in the homes, 48 per cent listed underwear, mentioned house dresses, and 44 per cent named better dresses. Only three per cent made coats for girls, and only two per cent made coats for women. The study further showed that among garments sometimes but not always made at home, better dresses for women were most frequently reported by 29 per cent of the group. In

conclusion the authors decided that their clients needed information and assistance in both the purchase and construction of garments.

Chapter III

METHOD OF PROCEDURE

The 20 families used in this study were chosen from the families which had received help from the Housekeeping Aide Project, Borger, Texas, 1941-1942. Some of the families were depending on relief for assistance while others were families with low incomes that needed help because of an emergency.

The data needed for this study of the 20 families selected by the Housekeeping Aide Project for rehabilitation were secured from (1) official requests for aid, (2) case histories from the welfare office, (3) daily reports of the workers, (4) home surveys, (5) home visits by the supervisor, (6) records at the commodity store, and (7) services offered by the informational assistance center.

An official request for aid from the referral agency was received by the supervisor of the Housekeeping Aide before an aide was sent into a home ^{1/}. The request card contained the name of the family to be served, address, number in family, period during which aid would be required, reason for requiring aid, remarks, signature of the welfare agency, and the date. The data on the request cards were used in this study for the purpose of describing the type of families which the housekeeping aid serviced.

^{1/} See Appendix A

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The case histories that were furnished the supervisor by the welfare office were a valuable source of information for analyzing and guiding the services needed in the homes. These case histories gave the following information: (1) family background; health, personality, characteristics, citizenship status, educational economic and social status, occupations, and social attitudes, (2) types of homes; (3) needs; and (4) rehabilitation. The selected case histories were used in this study for presenting descriptions of typical families serviced.

In collecting the data for the study concerning the type of aid given, the daily reports of the workers 2/ were used. These daily reports contained the name of the aide, the name of the family serviced, the number in the family, the period of service, the type of service, the kind of work performed, and a narrative report which gave the details of the work performed.

To determine the home and dietary practices of the 20 families selected for the study, check sheets were used in the form of home survey 3/.

The minimum housing standards as described by Rogers (54) in his study on the Housing Situation of the Mexicans in San Antonio, Texas, in 1927 were used as a basis for evaluation of the housing conditions 4/.

2/ See Appendix B

3/ See Appendix C

4/ See Appendix D

The minimum dietary standards compiled by the Committee on Foods and Nutrition, National Research Council, Nutrition Division, Federal Security Agency, Washington, D. C. (49) were used as a basis for an evaluation of dietary conditions 5/.

Home visits were made to each referred home by the supervisor of the Housekeeping Aide project and other members of the referral committee. The data obtained through these visits were used as basic information for studying the general living conditions of the homes of the families in the study. Each home was visited two or three times during the referred period. The information gained from these visits were recorded immediately after each visit.

Records from the commodity store 6/ gave pertinent information as to the kind and amount of foods that were issued regularly to each family in the study.

The state and local supervisors felt that there was a definite need for a carry-over of the help given these families during this period of service; for this purpose, a class in simple food preparation, using commodity foods and low-cost foods in satisfying meals, was organized as an informational assistance center 7/. All the homemakers of the families in the study were invited to attend. In these meetings important information as to the help these families had received from the housekeeping aide was collected.

5/ See Appendix E
6/ See Appendix F
7/ See Appendix G

Visits by the city and county doctors gave important information as to the health status of the families. These data were used to determine whether the health status of the families of the study improved after help had been rendered by the housekeeping aide project.

Before the service was withdrawn from the family, the supervisor in conference with the welfare worker made a study of the family as to the changes noted in each of the families after having received assistance from the housekeeping aide. These results were used as data for the answering of the following questions of the study, "What changes were noted in these families after having received help from the housekeeping aide project?"

Chapter IV

ANALYSIS OF DATA

The data needed for this study of the general living conditions of the 20 families serviced by the Work Projects Administration, Housekeeping Aide, Borger, Texas, 1941-1942 are analyzed under the following topics:

Comparison of services rendered to all families serviced with those given to the families included in this study: types of family served, description of families, housing conditions, food habits, types of aid given the families, and changes noted in the families after having received aid.

Comparison of the total population with the twenty families of the study

The majority of the families received 100 per cent service in the routine of the different types of work in the homes (Table 1). The care of the sick was rendered to 92.8 per cent of the families of the total group while 90 per cent of the families of the studied group received the same type of service. Eighty five per cent of the families of the study group attended the adult class while only 45 per cent of the total group attended. Gardening was done by a small per cent in both groups.

Table 1.--SERVICES RENDERED TO FAMILIES IN BORGER, TEXAS, AND TO THOSE FAMILIES IN THIS STUDY BY THE HOUSEKEEPING AIDE DURING 1941-1942.

Type of work	Total families			Families in this study		
	No. of families	Per cent of families	Hours for year	av. no. of hrs. per family	no. of families	per cent families
General housework	140	100	4920	35.1	20	100
Home improvement	140	100	4260	30.4	20	100
Food preparation	140	100	2593	18.5	20	100
Laundry work	140	100	1501	10.7	20	100
Sewing and mending	140	100	1393	10.0	20	100
Care of children	140	100	1389	10.7	20	100
Care of sick	130	92.8	1112	8.8	18	90
Adult Education	63	45.0	504	16.0	17	85
Gardening	53	37.8	110	2.1	4	20

The family

Information was obtained from the case histories about the incomes and occupations of the working members of the family (Table 2). No definite income was listed for several of the families as it was difficult to determine how much each family made per month. Twenty-five per cent of the families studied depended upon odd jobs. Only nine families were working at jobs that paid a definite monthly salary and five of them were under government assistance.

Table 2.--OCCUPATIONS OF HEADS OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Occupations	No. of families	Per cent families	Av. amt. per month
Odd jobs	5	25	--
Sewing room W.P.A.	3	15	36.10
Farm labor	2	10	--
Common labor	2	10	12.00
Unemployed	2	10	--
Teamster	1	5	--
Government pension	1	5	18.00
W. P. A. Carpenter	1	5	42.00
Oil-field worker	1	5	90.00
Driller	1	5	--
Carbon black	1	5	80.00
Total	20	100	

Of the 20 families in the study, an analysis indicated that the smallest families had two children (Table 3) and the largest had eleven children, with an average of 5.7 children per family. The majority of the 20 families, 11, had six or more children.

Table 3.--NUMBER OF CHILDREN IN 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Number of children	Number of families	Total children	Percentage of families
2	2	4	10
3	3	9	15
5	4	20	20
6	5	30	25
7	2	14	10
8	2	16	10
10	1	10	5
11	1	11	5
Total	20	114	100

The number of families which had magazines and books to read (Table 4) was small. Only nine, 45 per cent, of the homes had magazines and only 4 of the homes, 20 per cent, had books.

Table 4.--MAGAZINES AND BOOKS FOUND IN THE HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Magazines and books	Number of homes	Percentage of homes
Pleasure reading	9	45
No magazines	11	55
Books		
Fiction	4	20
No books	16	80

It is interesting to note that 10 per cent of the fathers and mothers of the families of the study completed the eleventh grade and five per cent the tenth grade (Table 5). The majority of both the mothers and the fathers had never progressed further than the seventh grade.

Table 5.--EDUCATIONAL BACKGROUND OF MOTHERS AND FATHERS OF THE 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Grades reached in school	Number of mothers	Percentage of mothers	Number of fathers	Percentage of fathers
4	1	5	1	5
5	4	20	2	10
6	3	15	7	35
7	6	30	2	10
8	1	5	1	5
9	2	10	4	20
10	1	5	1	5
11	2	10	2	10
Total	20	100	20	100

On the basis of the social status records in the case histories of the families, two, 10 per cent, of these families were above the average family that applied for relief (Table 6). Twenty per cent were average in social status, while the remaining 70 per cent of the families were classified as of low or very low social status.

Table 6.--SOCIAL STATUS OF 20 FAMILIES SERVICED BY HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Social status	Number of families	Percentage of families
Above average	2	10
Average	4	20
Low	11	55
Very low	3	15
Total	20	100

Six families, 30 per cent, had cars in running condition (Table 7). One family had a car which was not in running condition; three families had trucks in running condition. One half of the group did not have any type of vehicle at the time this information was received, but all stated that they had at one time owned a car.

Table 7.--AUTOMOBILES AND TRUCKS OWNED BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Vehicle	Number of families	Percentage of families
Cars in running order	6	30
Cars not in running order	1	5
Truck in running order	3	15
Vehicle owned in past	10	50

Most of the families of the study had some kind of domesticated animals (Table 8). Practically every family had a dog. Sixty per cent had cats and almost half had chickens. Two

families had pigs; only one owned a cow. Goats, birds, and white rats were owned by one family each.

Table 8.--DOMESTIC ANIMALS FOUND IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942

Kind of animals	Number of homes	Percentage of homes
Dog	19	95
Cat	12	60
Chickens	8	40
Pigs	2	10
Goats	1	5
Cows	1	5
Birds	1	5
White rats	1	5

Housing conditions

The types of homes of the 20 families in this study were frame, scrap tin, half dug-out, scrap iron, and stucco (Table 9). A large majority, 75 per cent, lived in some kind of a wooden building, and two, 10 per cent, lived in tin shacks. The other three families lived in a half dug-out, a scrap iron shack (Fig. 1), third house to the left, and a stucco building.

Table 9.--TYPES OF HOUSES OCCUPIED BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Types of Houses	Number of houses	Percentage of houses
Wooden shacks	7	35
Unpainted frame	5	25
Painted frame	3	15
Tin shack	2	10
Half dug-out	1	5
Scrap iron shack	1	5
Stucco	1	5
Total	20	100



Fig.1--A typical neighborhood

The interior finishes varied in the different types of homes (Table 10). In two of the homes were found dirt floors, while 80 per cent had unfinished wood floors. Most of the woodwork was unfinished. The walls in 75 per cent of the homes were also unfinished. Three had no ceiling while seven were covered with paste board.

Table 10.--INTERIOR FINISH OF HOUSES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Kind of finish	Number of houses	Percentage of houses
<u>Floors:</u>		
Unfinished wood	16	80
Finished wood	2	10
Dirt	2	10
<u>Woodwork:</u>		
Unfinished	14	70
Finished	2	10
None	4	20
<u>Interior walls:</u>		
Unfinished	15	75
Papered	3	15
Painted	2	10
<u>Ceilings:</u>		
Finished	10	50
Paste board covering	7	35
No ceiling	3	15

The 20 families in the study made many uses of the different rooms of their small homes (Table 11). Only one of the homes reported a bathroom. Seven families, 35 per cent, had one room which was used as the kitchen, the dining room and the living room. Eleven families, 55 per cent, had beds in their living rooms. One hundred per cent of these families cooked and ate in the same room. Only six families had separate bed rooms, each of which, had some arrangement for a clothes closet.

Table 11.--ROOMS IN HOUSES OF 20 FAMILIES SERVICED BY THE HOUSE-KEEPING AIDE, BORGER, TEXAS, 1941-1942.

Rooms and combinations	Number of families	Percentage of families
Bedroom-living room	11	55
Dining room-kitchen	10	50
Kitchen-living-dining-room	7	35
Bedroom	6	30
Closet	6	30
Kitchen-bed-dining room	3	15
Living room	2	10
Halls	2	10
Front porches	2	10
Back porches	2	10
Bath room	1	5

The number of windows varied in the homes from two to ten (Table 12). Thirty-five per cent of the homes had four windows each, while three of the homes each had eight, nine or ten windows. Eighty-five per cent of the doors were without glass. Fifty-five per cent of the windows were without screens.

Table 12.--WINDOWS, DOORS, AND SCREENS OF HOUSES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Number of windows in houses	Number of houses	Percentage of houses
2	2	10
4	7	35
5	2	10
6	6	30
8	1	5
9	1	5
10	1	5
Doors with glass	3	15
Doors without glass	17	85
Windows with screens	9	45
Windows without screens	11	55

Two sources of water supply for the families were found in the study (Table 13). Seventeen families, 85 per cent, used city water, and three families, 15 per cent, used water from individual wells. Twelve families, 60 per cent, were served either by a hydrant in the house or in the yard. The other eight families, 50 per cent, either hauled their water or carried it by hand.

Table 13.--SOURCE OF WATER SUPPLY FOR HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Water supply	Number of houses	Percentage of houses
Source of water supply		
City system	17	85
Individual	<u>3</u>	<u>15</u>
Total	20	100
Method of distribution		
Hydrant	12	60
Carried	5	25
Hauled	<u>3</u>	<u>15</u>
Total	20	100

Ten families, 50 per cent, used electricity for lighting purposes; seven, 35 per cent, used kerosene, while only three families, 15 per cent, used gas. (Table 14).

Table 14.--LIGHTING OF HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Method of lighting	Number of houses	Percentage of houses
Electricity	10	50
Kerosene	7	35
Gas	<u>3</u>	<u>15</u>
Total	20	100

The houses were all heated by a stove of some type (Table 15). Fourteen families, 70 per cent, used gas for heating. Five, 25 per cent, used wood and one family used kerosene. Thirteen families or 65 per cent, used gas for cooking purposes. Five used wood, and one used kerosene, while one family used electricity.

Table 15.--FUEL AND HEAT IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Fuel and heat	Number of homes	Percentage of homes
<u>Fuels for heating:</u>		
Gas	14	70
Wood	5	25
Kerosene	1	5
<u>Stoves used for cooking:</u>		
Gas	13	65
Wood	5	25
Kerosene	1	5
Hot plate (electricity)	1	5

Almost 100 per cent of the families were provided with outdoor toilet facilities (Table 16). Three families had shower baths. Only 15 per cent of the families had sinks either with or without a drain, while 75 per cent of them used a table in place of a sink. Nine of the families threw their garbage into the yard, seven fed it to animals, three had city service, and one burned it.

Table 16.--SANITARY FACILITIES IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Sanitary facilities	Number of homes	Percentage of homes
<u>Toilets</u>		
Outdoor	19	95
Indoor	1	5
<u>Bath</u>		
Bath rooms	1	5
Shower baths	3	15
Laboratory	1	5
<u>Sink</u>		
Without drain	2	10
With drain	1	5
Table used in place of sink	17	85
<u>Garbage</u>		
Thrown into yard	9	45
Fed to animals	7	35
Disposed of by city	3	15
Burned	1	5

Very little provision was made for the storage of fresh foods (Table 17). Only 30 per cent of the families had any type of food cooler. One family had an ice refrigerator and a mechanical refrigerator. Storage space for clothing was decidedly lacking. Fifteen of the 20 families used nails on the walls as a device for storing clothing. Boxes were used in 65 per cent of the homes. Trunks, shelves, wardrobes and chests were scarcely used by any of the families.

Table 17.--STORAGE FACILITIES IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Storage facilities	Number of families	Percentage of families
<u>Food:</u>		
Window cooler	6	30
Ice refrigerator	1	5
Mechanical refrigerator	1	5
<u>Clothing:</u>		
Nails on walls	15	75
Boxes	13	65
Closets	6	30
Trunks	4	20
Shelves	4	20
Wardrobes	1	5
Chest	1	5

The homes of the 20 families in the study were meagerly furnished (Table 18), though one hundred per cent of the homes had pictures on the wall, kitchen stoves and straight chairs. In three fourths or more of the homes heating stoves, kitchen tables, and metal beds were found. About one half of the families had sewing machines, dressers, kitchen cabinets, wooden beds and radios. A few of the families had rocking chairs, window coolers, cots, high chairs and rag rugs on the floor. Refrigerators were used in only ten per cent of the homes.

Table 18.--FURNISHINGS IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Types of furniture	Number of families	Percentage of families
Pictures	20	100
Kitchen stoves	20	100
Chairs, straight	20	100
Heating stoves	18	90
Kitchen tables	17	85
Metal beds	15	75
Sewing machines	13	65
Dressers	12	60
Wash stands	12	60
Radio	10	50
Kitchen cabinets	10	50
Wood beds	8	40
Benches and boxes for chairs	8	40
Rocking chairs	6	30
Cots	6	30
Window cooler	6	30
High chairs	4	20
Divans	4	20
Rag rugs	4	20
Mirror on wall	3	15
Book case	3	15
Linoleum on floor	3	15
Baby beds	2	10
Bureau	2	10
Dining table	2	10
Refrigerators	2	10
Library table	1	5
Bassinet	1	5
Medicine cabinet	1	5
Wool rug	1	5

Beds, either wooden or metal, and cots were available so that all but two of the families had access to them (Table 19). However, sleeping quarters were so cramped that in half of the

homes three or more beds were placed in each room. In only one home did the children sleep alone, and in nine of the homes the children slept with their parents.

Table 19.--SLEEPING ARRANGEMENTS IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Sleeping arrangements	Number of families	Percentage of families
Beds	12	60
Cots	6	30
Floor	2	10
<u>Number of beds per room:</u>		
1	2	10
2	8	40
3	5	15
4	2	10
5	1	5
6	1	5
7	1	5
<u>Sleeping arrangements for children in families:</u>		
Sleep together	10	50
Sleep alone	1	5
Sleep with parents	9	45

Only four of the 20 families had window shades in good condition, eight used poor ones, and eight families had no shades (Table 20). Eight families had curtains at the windows, while 12 families used no curtains at all.

Table 20.--WINDOW SHADES AND CURTAINS IN HOMES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Window shades and curtains	Number of houses	Percentage of houses
<u>Shades</u>		
Good shades	4	20
Worn shades	8	40
No shades	8	40
Total	20	100
<u>Curtains</u>		
Good curtains	8	40
No curtains	12	60
Total	20	100

Laundry was done in about three fourths of the homes by the use of outside tubs (Table 21). Four of the families had either a gas or an electric machine. Ten per cent of the families had no equipment for washing in their homes. Flat irons were used in 60 per cent of the homes. Ironing boards were in only eight of the homes; therefore 60 per cent of the families improvised a space for ironing. The hanging space for drying laundry was very inadequate since 45 per cent used the facilities belonging to neighbors, while 25 per cent used fences. Every family in the study had both brooms and cleaning rags. Soap was found in practically all of the homes; cleaning powder was used in only two homes. One hundred per cent of the homes had bath towels.

Table 21.--CLEANING FACILITIES IN HOMES OF 20 FAMILIES SERVICED BY
THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Cleaning facilities	Number of homes	Percentage of homes
<u>Laundry</u>		
Tubs	14	70
Electric machine	2	10
Gas machine	2	10
No equipment	2	10
Rib board	10	50
<u>Ironing equipment</u>		
Flat irons	12	60
Electric	6	30
Gas	2	10
Ironing boards	8	40
<u>Drying facilities</u>		
Neighbor's line	9	45
Clothesline	6	30
Fence	5	25
<u>Household equipment</u>		
Brooms	20	100
Cleaning rags	20	100
Soap	18	90
Wash basin	17	85
Slop jars	16	80
Mops	9	45
Cleaning powder	2	10
<u>Personal</u>		
Bath towels	20	100
Face towels	4	20

Practically all of the yards were grown up in weeds or bare (Table 22). Three families, 15 per cent, used a space for vegetable gardens, and one used the yard for a truck garden. Only two families attempted flowers and vines.

Table 22.--USE OF OUT-DOOR SPACE BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Use of out-door space	Number of families	Percentage of families
Weeds	14	70
Bare	5	25
Vegetable garden	3	15
Flowers and vines	2	10
Truck garden	1	5

Food habits

All twenty of the families ate between meals (Table 23). Over one half of the families had their meals together and had enough equipment to set the table in some fashion. Only ten per cent of the families used separate drinking cups.

Table 23.--EATING HABITS OF 20 FAMILIES SERVICED BY THE HOUSEKEEP-
ING AIDE, BORGER, TEXAS, 1941-1942.

Serving and eating habits of family	Number of families	Percentage of families
<u>Eating habits</u>		
Between meals	20	100
At the table	18	90
With children	17	85
Together	14	70
<u>Equipment</u>		
Knives, forks and spoons for all	12	60
Chairs for all at table	12	60
Dishes enough to serve entire family at once	12	60
Separate drinking cups	2	10
Tin pans for plates	2	10

Only four of the families had done canning of any kind (Table 24). Three families canned blackeyed peas and apples, while 10 per cent canned beans and tomatoes.

Table 24.--PRESERVATION OF FOODS BY 20 FAMILIES SERVICED BY THE
HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Canned fruits and vegetables	Number of families	Percentage of families
Number of families that canned	4	20
Blackeyed peas	3	15
Apples	3	15
Beans	2	10
Tomatoes	2	10

Salt pork was used at least once a month by all of the families in this study (Table 25). Four of the families, 20 per cent, used it daily. Bologna and wieners were used weekly by a small per cent. Salmon, fresh beef, sausage, and fresh pork were used by a few of the families monthly. Liver was used least of all.

Table 25.--MEATS USED BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Type of meat	Frequency of use by families							
	Used sometimes		Used monthly		Used weekly		Daily	
	no.	per cent	no.	per cent	no.	per cent	no.	per cent
Pork salt	20	100	20	100	14	70	4	20
Bologna	19	95	4	20	1	5	0	0
Wieners	19	95	5	25	1	5	0	0
Salmon	18	90	3	15	0	0	0	0
Beef, fresh	17	85	3	15	0	0	0	0
Sausage	13	65	2	10	0	0	0	0
Pork, fresh	12	60	1	5	0	0	0	0
Fish	18	90	0	0	0	0	0	0
Chicken	12	60	0	0	0	0	0	0
Bacon	8	40	0	0	0	0	0	0
Liver	5	25	0	0	0	0	0	0

Irish potatoes were used daily by 100 per cent of the families in this study (Table 26). All of the families used dried vegetables to constitute their weekly food supply. No regular daily or weekly use was made of fresh or canned vegetables, except tomatoes which were used weekly by one family.

Table 26.--VEGETABLES USED BY 20 FAMILIES SERVICED BY THE HOUSE-KEEPING AIDE, BORGER, TEXAS, 1941-1942.

Type of vegetables	Frequency of use by families							
	Used sometimes		Used Monthly		Used weekly		Daily	
	No.	per cent	no.	per cent	no.	per cent	no.	per cent
Irish potatoes	20	100	20	100	20	100	20	100
Dried beans	20	100	20	100	20	100	18	90
Blackeyed peas	20	100	20	100	20	100	16	80
Onions	20	100	20	100	20	100	6	30
Tomatoes (canned)	20	100	5	25	1	5	0	0
Garlic	17	85	17	85	0	0	0	0
Pork & beans	20	100	2	10	0	0	0	0
Corn	20	100	1	5	0	0	0	0
Cabbage	20	100	0	0	0	0	0	0
Green beans (fresh)	20	100	0	0	0	0	0	0
Carrots	20	100	0	0	0	0	0	0
Radishes	20	100	0	0	0	0	0	0
Tomatoes (fresh)	20	100	0	0	0	0	0	0
Sweet potatoes	20	100	0	0	0	0	0	0
Beets, fresh	14	70	0	0	0	0	0	0
Okra, fresh	12	60	0	0	0	0	0	0
Soup, canned	10	50	0	0	0	0	0	0
Turnips	10	50	0	0	0	0	0	0
Tomato juice	8	40	0	0	0	0	0	0
Cucumbers	8	40	0	0	0	0	0	0
Green beans, (canned)	4	20	0	0	0	0	0	0
Peas, canned	2	10	0	0	0	0	0	0

The families in this study did not have a daily or weekly habit of eating fruit (Table 27) though prunes were used daily by one family. The information in the table shows that little use was made of canned fruits, while several seasonal fruits were used occasionally. Raisins and prunes were used monthly by all of the

families.

Table 27.--FRUITS USED BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Fruits	Frequently used by families							
	Used sometimes		Used monthly		Used weekly		Used Daily	
	no.	per cent	no.	per cent	no.	per cent	no.	per cent
Prunes	20	100	20	100	16	80	1	5
Raisins	20	100	20	100	4	20	0	0
Apples, fresh	20	100	3	15	1	5	0	0
Grapefruit juice	20	100	6	30	0	0	0	0
Peaches canned	16	80	5	25	0	0	0	0
Pineapple canned	8	40	3	15	0	0	0	0
Oranges	20	100	2	10	0	0	0	0
Bananas	20	100	2	10	0	0	0	0
Berries	3	15	2	10	0	0	0	0
Grapefruit fresh	20	100	0	0	0	0	0	0
Watermelon	20	100	0	0	0	0	0	0
Cantaloupe	18	90	0	0	0	0	0	0
Strawberries	17	85	0	0	0	0	0	0
Apples, dried	8	40	0	0	0	0	0	0
Peaches, dried	5	25	0	0	0	0	0	0
Apricots, canned	5	25	0	0	0	0	0	0
Cherries, canned	3	15	0	0	0	0	0	0
Fruit cock- tail	2	10	0	0	0	0	0	0
Apricots, dried	2	10	0	0	0	0	0	0
Lemons	2	10	0	0	0	0	0	0

Canned milk and whole milk were the two dairy products used daily by a small percentage of the families (Table 28).

Some milk was used during the month by all of the families and one

family had butter. Each dairy product except cottage cheese was used monthly by at least one family. All of the products except whole milk and cheese, were used occasionally by all of the families.

Table 28.--DAIRY PRODUCTS AND EGGS USED BY THE 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Dairy products and eggs	Frequency of use by family							
	Used sometimes		Used monthly		Used Weekly		Daily	
	no.	per cent	no.	per cent	no.	per cent	no.	per cent
<u>Milk:</u>								
Canned	20	100	20	100	8	40	5	25
Dried	20	100	14	70	2	10	0	0
Whole	1	5	1	5	1	5	1	5
<u>Cheese:</u>								
Cream	15	75	2	10	0	0	0	0
Cottage	2	10	0	0	0	0	0	0
<u>Fats:</u>								
Butter	20	100	1	5	1	5	0	0
Eggs	20	100	3	15	0	0	0	0

Cereals made up a large part of the diets for the families in the study (Table 29), and were used daily by all the families. Eighty per cent of them used corn meal daily. Oatmeal and grits were used often. Ready-to-eat cereals were also used daily by one fourth of the families. Biscuits, cornbread, and white bread were the principal breads eaten by all the families. No family had cake or pastries, except occasionally.

Table 29.--CEREALS, BREADS, CAKES AND PASTRIES USED BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Product	Frequency of use by families							
	Used sometimes		Used monthly		Used weekly		Used Daily	
	no.	per cent	no.	per cent	no.	per cent	no.	per cent
Biscuit	20	100	20	100	20	100	18	90
White bread	20	100	20	100	20	100	17	80
Corn bread	20	100	20	100	20	100	16	75
Oatmeal	20	100	20	100	20	100	6	30
Ready-to-eat-cereal	17	85	17	85	17	85	5	25
Grits	20	100	20	100	11	55	3	15
Cracked wheat	20	100	3	15	0	0	0	0
Rolled wheat	20	100	2	10	0	0	0	0
Griddle cakes	12	60	2	10	0	0	0	0
Cookies	20	100	0	0	0	0	0	0
White crackers	20	100	0	0	0	0	0	0
Doughnuts	18	90	0	0	0	0	0	0
Muffins	16	80	0	0	0	0	0	0
Cake	16	80	0	0	0	0	0	0
Two crust pies	8	40	0	0	0	0	0	0
Whole wheat muffins	4	20	0	0	0	0	0	0
Meringue pie	2	10	0	0	0	0	0	0

All of the families served coffee daily (Table 30).

No family drank cocoa daily or weekly although 30 per cent served it monthly. No family drank tea except occasionally.

Table 30.--BEVERAGES USED BY THE 20 FAMILIES SERVICED BY THE HOUSE-KEEPING AIDE, BORGER, TEXAS, 1941-1942.

Beverages	Frequency of use by families							
	Used sometimes		Used monthly		Used weekly		Daily	
	no.	per cent	no.	per cent	no.	per cent	no.	per cent
Coffee	20	100	20	100	20	100	20	100
Cocoa	16	80	6	30	0	0	0	0
Tea	4	20	0	0	0	0	0	0

Commodity store supplies were found in all of the 20 homes in the study (Table 31). Three staples, flour, baking powder, and salt were used daily by 100 per cent of the families. Syrup was used daily by 75 per cent of the families. One half of the staples listed in the Table were used by all the families occasionally.

Table 31.--STAPLE GROCERIES USED BY 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942

Staples	Frequency of use by families							
	Used sometimes		Used monthly		Used weekly		Used daily	
	no.	per cent	no.	per cent	no.	per cent	no.	per cent
Commodity supplies	20	100	20	100	20	100	20	100
Flour	20	100	20	100	20	100	20	100
Baking powder	20	100	20	100	20	100	20	100
Salt	20	100	20	100	20	100	20	100
Matches	20	100	20	100	20	100	20	100
Syrup	20	100	20	100	18	90	15	75
Black pepper	18	90	18	90	18	90	8	40
Sugar	20	100	8	40	2	10	0	0
Peanut butter	20	100	8	40	0	0	0	0
Lard	20	100	5	25	0	0	0	0
Vanilla	12	60	2	10	0	0	0	0
Catsup	6	30	1	5	0	0	0	0
Vinegar	4	20	1	5	0	0	0	0
Mustard	1	5	0	0	0	0	0	0
Honey	1	5	0	0	0	0	0	0

Types of aid given

All 20 families in the study received improvement from the services of the housekeeping aide (Table 32) in kitchen equipment and in the smoothing of rough places on tables and chairs. Seventeen of the homes, 85 per cent had the cracks in the walls covered. Kitchen shelves were built in 15 of the homes. Seventy per cent of the out-door toilets were improved. Storage space was arranged in eleven of the homes. The window screens in 45 per cent of the homes were mended. There were holes mended in the floors of 40 per cent. Window shades were mended in six homes. Twenty five per cent of the homes had baby beds made. Painting, flooring, and papering were done in two of the homes. The steps were mended, nails put up for hanging clothes, and scrub mops were made in ten per cent of the homes. A drop-leaf table was made in one home.

Table 32.--TYPES OF AID FOR HOME IMPROVEMENT RENDERED TO 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Kinds of aid	Number of families	Percentage of families
Smoothed edges of tables and chairs	20	100
Improved kitchen equipment	20	100
Covered cracks in walls	17	85
Made kitchen shelves	14	70
Made storage cabinets	11	55
Remodeled toilets	10	50
Mended screens	9	45
Mended holes in floors	8	40
Repaired window shades	6	30
Made baby beds	5	25
Built clothes closets	3	15
Painted inside of house	2	10
Mended steps	2	10
Put up nails for clothing	2	10
Made scrub mops	2	10
Papering	2	10
Flooring	2	10
Made drop-leaf table	1	5

In 90 per cent of the 20 homes studied, aid was given the sick (Table 33). Fifty five per cent of the mothers received prenatal and post natal care during child birth. Nine, 45 per cent, of the homes received assistance in the care of patients who had influenza during the winter. Patients with measles, mumps, or pneumonia were nursed in a total of 10 families. A broken back, a burned mother and child, and a child who had been bitten by a dog were cared for in one home each.

Table 33.--TYPES OF AID GIVEN TO THE SICK IN 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Types of aid	Number of families	Percentage of families
Cleaning in sick room	18	90
Cooking for sick	18	90
Regulating room temperature	18	90
Cleaning beds for sick	18	90
Bathing patient	18	90
Attending prenatal and post natal cases	11	55
Attending patients with:		
Flu	9	45
Measles	6	30
Mumps	2	10
Pneumonia	2	10
Broken back	1	5
Burned mother and child	1	5
Dog-bitten child	1	5

The services rendered by the housekeeping aide in sewing and mending were many and varied (Table 34). Although only a small percentage, 45 per cent or less, of the families received assistance from the aide in the making of new garments. Almost all of the housewives 90 per cent, had house dresses which had been issued to

them at the commodity store, altered to fit them, while 75 per cent had slips fitted to their size. Silk dresses for girls and coats for children were the main articles that were renovated for the families by the aides, 85 per cent and 70 per cent of the families respectively. New curtains were produced in 55 per cent of the families.

Table 34.--TYPE OF SEWING AND MENDING AID RENDERED TO 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Type of Aid	Number of families	Percentage of families
<u>Sewing new garments:</u>		
Sun suits	9	45
Slip	6	30
Overalls	1	5
<u>Fitted commodity store garments:</u>		
House dresses	18	90
School dresses	16	80
Slips for women	15	75
Slips for girls	8	40
<u>Renovated garments:</u>		
Silk dresses for girls	17	85
Coats for children	14	70
Wool dresses for girls	11	55
Coats for women	7	35
Wool dresses for women	5	25
<u>Miscellaneous articles made:</u>		
Curtains	11	55
Quilts	5	25
<u>Mending:</u>		
Garments for children	20	100
Work clothes for men	16	80

The family laundry, both washing and ironing, was performed in 100 per cent of the homes serviced (Table 35). Quilts were also laundered in all the homes. The laundry for the baby and the clothing used in the care of the sick were cared for in 90 per cent of the homes. Special articles such as blankets, bed spreads and pillows were laundered in 30 to 70 per cent of the homes. Special materials, silks, and rayon, corduroy and wool were laundered in 25 to 60 per cent of the homes.

Table 35.--KINDS OF LAUNDRY AID TO 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Kind of work	Number of families	Percentage of families
<u>Washing:</u>		
White clothes	20	100
Colored clothes	20	100
Baby clothes	18	90
Silk and rayon	12	60
Corduroy	6	30
Woolen	5	25
<u>Special Articles:</u>		
Quilts	20	100
Clothes used by sick	18	90
Blankets	14	70
Bed spreads	9	45
Pillows	6	30
<u>Ironing:</u>	20	100

Of the 20 families receiving the services of the housekeeping aide all received aid in most of the duties connected with general house work (Table 36). In 90 per cent of the homes, one duty of the aide was to "pick up and put away clothing".

Table 36.--THE KIND OF GENERAL HOUSEHOLD AID 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Type of work	Number of families	Percentage of families
Remove clutter from rooms	20	100
Make beds	20	100
Sweep floors.	20	100
Dust furniture	20	100
Wash dishes	20	100
Wipe stoves	20	100
Scrub sink or wash basin	20	100
Eliminate household pests	20	100
Pick up and put away clothing	18	90
Clean porches and walks	2	10
Clean bath room	1	5

Of the fourteen types of special cleaning jobs available through the services of the housekeeping aide, the twenty families took advantage of eight (Table 37). Ninety five per cent of the families had special cleaning of the floors and of the out-door toilets. Less than half of the families received assistance in the cleaning of floor coverings, the refrigerators, the kerosene lamps, and closets.

Table 37.--KINDS OF AID IN SPECIAL CLEANING JOBS 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Special cleaning jobs	Number of families	Percentage of families
Woodwork	20	100
Windows	20	100
Walls	20	100
Stoves	20	100
Pots and pans	20	100
Kitchen cabinets and shelves	20	100
Beds and bedding	20	100
Yard space	20	100
Inside of out-door toilet	19	95
Floors	19	95
Floor coverings	8	40
Refrigerator	8	40
Kerosene lamps	7	35
Closets	6	30

All of the families received aid in some phase of child care (Table 38). One hundred per cent of the families were helped by the children receiving training in eating habits, rest habits, toilet habits, and playing of games. In 90 per cent of the homes the children were cared for during the illness of the mother. In 60 per cent of the homes toys were made for the children. In order to train the children in better toilet habits, training chairs were made in 55 per cent of the homes. In order that it might be possible for the mother to attend the adult classes and to work away from home, the aides at times had the entire responsibility of the children in 30 per cent and 25 per cent of the homes respectively.

Table 38.--RESPONSIBILITY OF AIDES TO CHILDREN IN 20 FAMILIES
SERVICED BY HOUSEKEEPING AIDE, DORGER, TEXAS, 1941-1942.

Care of children	Number of families	Percentage of families
Taught children eating habits	20	100
Taught children rest habits	20	100
Taught children toilet habits	20	100
Taught children to plan play	20	100
Cared for children whose mothers were ill	18	90
Made toys for children	12	60
Taught children to care for clothing	12	60
Made training chairs	11	55
To enable them to remain in school	10	50
Cared for children while mothers attended adult classes	6	30
Cared for children while mother worked away from home	5	25

Meals were prepared in all of the homes of the 20 families in the study (Table 39). One hundred per cent of the families had dinner prepared, while eight families needed help at breakfast time. Special meals for the sick were prepared in 90 per cent of the homes. Beans, potatoes, cornbread and biscuits were cooked in 100 per cent of the homes. The aides also prepared various vegetables for 85 per cent of the families.

Table 39.--TYPES OF AID IN MEAL PREPARATION IN 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Kinds of aid	Number of families	Percentage of families
<u>Meals prepared:</u>		
Dinner	20	100
Supper	14	70
Breakfast	8	40
<u>Special meals:</u>		
Diets for the sick	18	90
<u>Common foods cooked:</u>		
Beans	20	100
Potatoes	20	100
Cornbread	20	100
Biscuits	20	100
Various vegetables	17	85

Only one half or less of the families received help in canning fruits and vegetables except apples and kraut which were canned in 60 per cent and 80 per cent of the homes (Table 40).

Table 40.--THE CANNING AID IN 20 FAMILIES SERVICED BY THE HOUSE-KEEPING AIDE, BORGER, TEXAS, 1941-1942.

Canning	Number of families	Percentage of families
<u>Fruit:</u>		
Apples	12	60
Peaches	10	50
Pears	7	35
Tomatoes	6	30
Apple jelly	3	15
<u>Vegetables:</u>		
Kraut	16	80
Peas	4	20
Beans	4	20
Beets	3	15

In all of the services offered the families in the study the least was done with yard improvement (Table 41). Seventy five per cent of the yards were cleaned. Fourteen families were assisted in raising a tub garden. Less than one half of them were assisted in planting flowers and vines, disposing of trash and garbage, and repairing yard fences.

Table 41.--TYPES OF AID IN YARD IMPROVEMENT FOR 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Special yard improvement	Number of families	Percentage of families
Swept and cleaned	15	75
Made tub gardens	14	70
Planted flowers and vines	8	40
Made trash burners	6	30
Chopped weeds	5	25
Disposed of dirt and trash	4	20
Disposed of garbage and scrap	4	20
Repaired yard fences	3	15
Helped spade garden plot	3	15
Strawberry barrel	1	5
Cucumber barrel	1	5

Changes noted in families

As shown in Table 42 there was an improvement in the health status of the families serviced by the housekeeping aide. Only 15 per cent of the mothers of these families were in strong or average health before receiving the help of the housekeeping aide, while 80 per cent were rated in average health or better after having received the aid. The percentage of fathers in excellent health did not increase after aid was given. Those classified as being in strong and average health increased 20 per cent and 15 per cent respectively. A more decided change was noticed in the health of the mother than in that of the father after the family had received housekeeping aid.

Table 42.--THE STATUS OF HEALTH OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Conditions of health	Before receiving service		After receiving service	
	No. of families	Percent-age	No. of families	Percent-age
Fathers:				
Excellent	1	5	1	5
Strong	2	10	6	30
Average	8	40	9	45
Delicate	6	30	3	15
Invalid or semi-invalid	3	15	1	5
Mothers:				
Strong	1	5	5	25
Average	2	10	11	55
Semi-invalid	4	20	2	10
Delicate	13	65	2	10

In Table 43 the study of home practices of the families revealed that the general appearances of the homes improved 90 per cent after help from the housekeeping aide. Eighty per cent of the floors were cleaner, and 65 per cent of the beds were also cleaner. An improvement in dishwashing habits was shown by 40 per cent of the families. In 15 per cent of the homes pests were eradicated. Homes were improved by putting doors on kitchen

cabinets, improvising kitchen equipment, and mending broken furniture by 20 per cent, 25 per cent, and 40 per cent respectively. Few of the families, 20 per cent or less, had renovated different types of garments. The most marked improvement in the care of the sick was shown in the activity of keeping the patient and bed clean, in which 65 per cent of the families had shown improvement. More than one fourth of the families improved diets for the sick, but only 15 per cent or less had secured bed trays and back rests for the patient. The children were cleaner in 75 per cent of the homes, and 60 per cent of the homes reported better sleeping habits. Forty five per cent of the families stated that the children had better toilet habits, but only one fourth or less improved in school attendance, home manners, or play habits. All of the families showed an improvement in the use of the surplus commodities. Thirty per cent or less of the families had stored foods more carefully, used meat substitutes, made window coolers, bought fresh milk, saved fuel, and improved in methods of setting the table. Gardening was done only by a small per cent, 20 per cent or less, of the families. Three, 15 per cent, of the families made no noticeable improvement after having received the help of the housekeeping aide.

Table 43.--CHANGES NOTED IN HOME PRACTICES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Home practices	Number of families showing improvement	Percentage of families
General housework:		
General appearance	18	90
Floors clean	16	80
Beds clean	13	65
Better dishwashing habits	8	40
Eradicated pests	3	15
Home improvement:		
Mended broken furniture	8	40
Made improvised kitchen equip.	5	25
Put doors on kitchen cabinets	4	20
Built closet space	2	10
Built medicine cabinet	1	5
Laundry work:		
Cared for ironed clothes	17	85
Better laundry methods	17	85
Sewing:		
Renovated coats	4	20
Renovated dresses	3	15
Childrens panties	2	10
Childrens dresses	2	10
Childrens slips	1	5
Care of sick:		
Patient clean	13	65
Bed clean	13	65
Improved diets	6	30
Secured bed trays	3	15
Improvised back rests	2	10

Table 43.--CHANGES NOTED IN HOME PRACTICES OF 20 FAMILIES SERVICED
 BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.--
 Continued.

Home practices	Number of families showing improvement	Percentage of families
Child care:		
Cleaner	15	75
Better sleeping habits	12	60
Better toilet habits	9	45
Better school attendance	5	25
Better home manners	3	15
Better play habits	2	10
Preparation and storage of foods:		
Better use of commodities	20	100
Use of new foods	12	60
Used left-overs	8	40
Stored foods more carefully	6	30
Meat substitutes	4	20
Made window coolers	3	15
Bought fresh milk	3	15
Saved fuel	2	10
Set table better	2	10
Gardening:		
Tub gardens	4	20
Yard gardens	2	10
Truck garden	1	5
General:		
No improvement noticeable	3	15

About one half, 40 per cent, of the homemakers in the study improved their buying habits by shopping with a list (Table 44). Quantity buying was practiced in six, 30 per cent, of the homes. Shopping weekly and budgeting of shopping time were improved in 15 per cent and 10 per cent respectively. Only five per cent of the families attempted to make a plan for spending their small income.

Table 44.--THE CHANGES NOTED IN BUYING PRACTICES OF 20 FAMILIES SERVICED BY THE HOUSEKEEPING AIDE, BORGER, TEXAS, 1941-1942.

Changes noted	Number of families	Percentage of families
Shopping with list	8	40
Quantity buying	6	30
Shops weekly	3	15
Budget time	2	10
Plan for spending	1	5

Chapter V

CASE HISTORIES AND HUMAN INTEREST STORIES

The case histories and human interest stories of the families which received aid from the Housekeeping Aide Project show the family as a unit and the type of service given to the families. They are presented here to help the reader understand the date present in Chapter Four and the discussion in Chapter Six.

Case A

Number in the family 8

Members	Date of birth	Education	Occupation
Father-John	12-22-90	9th grade	W.P.A. Carpenter Odd jobs
Mother-Ida	6-2-97	9th grade	Common laborer Housewife W.P.A. (1938)
John Jr.	9-8-28	8th grade	student
Wilda	1-22-31	7th grade	student
Joyce	4-5-33	6th grade	student
Jerry	4-10-35	1st grade	student
Leota	8-2-37	Freschool	
Jimmie	7-11-40	Freschool	

This family was first known to relief worker in January, 1938, when the family moved to Hutchinson County from Pampa, Texas, where they had resided for one month. They had moved from Van Zandt County, Texas, where they had lived for several years. Mr. and Mrs. A worked at contract wood cutting. Mrs. A helped Mr. A with this work until a short time prior to the birth of Leota.

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Mr. A was in a veteran's C. C. C. camp for one year. He was in the World War from April 1917 until August 1919, spending most of that time in France. He had received \$1,543.00 soldier's bonus paid in two payments, but the entire amount had been spent to settle debts and meet immediate needs.

John Jr. is quite small for his age, is a neat, well-mannered boy, a good student in school and will with the proper encouragement make a fine young man. Wilda, is quite small for her age, has been sick with stomach disorders during the past five years. The girl, as well as the other children in the family, is devoted to the mother, but holds a constant fear of the father. Wilda and Jean had their tonsils removed at the county's expense during the summer of 1941. Help was given them by the housekeeping aide. Since that time they have both gained in weight and have improved in the quality of school work they were doing.

Mr. A drank to excess, and that fact together with a serious venereal disease, has resulted in a weak mental condition. He was tried in county court on a sanity charge in May 1939 and was admitted to the Veteran's Hospital. He remained until August 15, when he escaped, returning to his home with the statement that he intended to stay. A contact was made with the hospital and permission was secured for a trial visit of 60 days; the local doctor was to observe his mental condition hoping he would be able to remain with his family. According to a report made by the county doctor, he was returned to the hospital on or about January, 1941.

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The family, when first arriving in Berger, lived in a two room apartment for which the amount of \$4.00 per week was paid for rent, including utilities. Mrs. A was inclined to be more ambitious than Mr. A, as the first application for employment was made by her; he appeared to be willing to accept any kind of assistance and would work in no way to procure help. Contacts with his sisters and brothers showed that he had in the past tried to find jobs on which Mrs. A could assist him, such as janitor work and home laundry.

Mr. A has not had steady employment since his discharge from the army. He had worked at odd jobs, carpenter work, farming, labor, and various other types of work, but because of his extremely irritable temper he did not remain on one job for a very long period of time.

Mrs. A is anxious for her children to have educational advantages. She is interested in their school work. She is a frank, honest type of mother and loyal to her husband, and explained their condition as being a "streak of hard luck". The apartment was clean and neat, but poorly furnished. She stated that she was compelled to wash each day, as some of the children did not have a change of clothing. Shoes were purchased for the school children by the County Relief Office.

In 1941 the family moved into a four room shack, which was purchased for \$50.00. One dollar each month was the ground rent, which was paid to the Johnson Oil Company with an agreement that the house could be moved upon a two weeks notice by the

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company. The shack had no floors until referred to the Housekeeping Aide, when the house was floored with materials furnished by the county. The furniture for the house was also made by the help of the Housekeeping aide, and materials were donated by various stores and charity organizations. Kitchen cabinets, were built, a drop leaf table was made, and two trundle beds and two storage closets were built.

On request of the county worker in June 1941, the W.P.A. priority was changed from Mr. A to Mrs. A and she was assigned work in the sewing room. Mr. A remained at home with the children while the mother worked. It was during this time that he whipped the youngest child and probably would have caused a tragedy if neighbors had not intervened. Mr. A was not able to care for the children because of his mental condition, and it was dangerous to leave the children alone with him. He reentered the hospital. The Housekeeping Aide helped to provide care for the preschool children during the mother's working hours until she had received two pay checks and was able to make arrangements to have the children cared for.

In September 1942 Mr. A was released from the hospital.

After being home one month he found employment in a local furniture store. When Mr. A went to work for a substantial salary, Mrs. A lost her priority for work. At present, if no emergencies arise, the family will be able to care for itself.

Case B

Number in the family 6

Members	Date of birth	Education	Occupation
Father-Elmer	1-26-05	6th grade	Oil field worker
Mother-Irene	5-17-09	8th grade	Sewing room
Mary Viola	12-19-28	7th grade	student
Carl Ray	7-20-30	5th grade	student
Ida Thadene	7-11-34	2nd grade	student
John Winburn	1-10-37	Preschool	

This family was first known to relief in March 1940, when Mrs. B made application for W. P. A. employment asking that she be assigned to work instead of her husband, who was suffering with a serious case of tuberculosis. The family moved to Hutchinson County in October, 1934, from Snyder, Texas, where they had lived for seven years, Mr. B being engaged in general labor. Most of his work was pipe line work. Mr. B had a break down in health in September, 1940, and the doctor stated that Mr. B had an active case of tuberculosis, consequently application was made for his admittance to a hospital. He was admitted to the hospital in May, 1941, remained three months, and came home because he was dissatisfied to be away from his family. He stated also that he did not like the meals, and that he was on the third floor in the building and his meals were cold before they reached him. During his absence, Carl, age 12, was in a post-office robbery, but the case was dismissed with the promise of the mother that she would keep him home at nights. Mr. B used that as part excuse that he return home to help Mrs. B manage the children. During this time Mrs. B was working in the W. P. A.

sewing room, and she continued to work there except for some six weeks when she was laid off because of eighteen months steady employment.

In May 1941, two two-room shacks valued at \$75.00 each were purchased by the Red Cross chapter for this family, and the houses were moved by the county to a location near town. Utilities were furnished by the county and Mrs. B was allowed to repay the Red Cross chapter the price of the house at the rate of \$10.00 per month, with the title of the house to be held by the chapter until full payment was made.

Mr. B was quite ill for three months prior to his death in August 1941. All expenses of the funeral, burial, and doctor's bills were defrayed by the county.

Following the death of Mr. B, one house was sold for \$100.00 and moved away from the original location, and Mrs. B paid the balance of \$10.00 which was owed on the house and was given a bill of sale to the place. Utilities for the house were still furnished by the county.

In October, 1940, three of the children were admitted to the tuberculosis hospital and remained until April 1941 where they were dismissed as arrested cases. The school nurse in the Borger schools had an examination made for Mary Viola, the oldest girl, who had a continued cough, but rigid tests failed to show an active tuberculosis condition.

This case has been a very difficult one since the first application, due to the fact that Mr. B formerly got a substantial

salary while employed and the family has not seemed to be able to live within a limited income. The family was above the average in personal pride and ambition among those who ask for relief.

Their two room house was comfortably furnished and kept neat and clean at all times.

Mrs. B entered the State Sanatorium in April, 1942, for an examination for tuberculosis, as her neighbors and the workers in the sewing room became uneasy about her condition. She was dismissed with a certificate stating that she was free from active tuberculosis and was in excellent physical health.

As the Aides from the Housekeeping Aide project are not allowed to care for patients with contagious disease, the aides could not go into the home; so the children were allowed to come to the center, where the aides sewed for them, renovating garments furnished for them by the Red Cross. This enabled the children to remain in school.

After the death of Mr. B an aide was sent into the home to care for John when he had been bitten by a dog and again later when Viola had the flu.

The housekeeping aide furnished assistance in the home while the mother was away at the sanatorium.

The family budget follows:

Food	35.24
Clothing	6.25
Household needs	1.50
	<hr/>
	42.99

Case C

Number in the family 11

Members	Date of birth	Education	Occupation
Father-Alvin	8-28-99	5th grade	Farm work
Mother-Louise	3-5-06	9th grade	Housewife
Pauline	12-8-29	7th grade	school
Hubert	5-29-31	4th grade	school
Charles	2-15-34	1st grade	school
Billy	7-20-35	1st grade	school
Kenzy	4-2-37	Preschool	
Jereta Jack	7-21-38	Preschool	
Marquis Lane	4-8-40	Preschool	
Linda Jean	9-15-41	Preschool	
Amie	11-18-42	Preschool	

The C family have been known to Hutchinson County Welfare Office since 1939. Prior to this date Mr. C was employed by T. T. Harrison as driller. He managed to make a fair living because only a very few wells were being drilled. At the time of appropriation the family consisted of Mr. and Mrs. C and their six children. Home visits revealed that the family was in need.

Mr. C was assigned to W. P. A. April 1939. He did not work steadily on W. P. A. as he always accepted any private employment he was able to obtain. The case was cancelled by W. P. A. in August 1940, because Mr. C had private employment.

Mr. C was reared on a farm in Oklahoma. He worked until he was drafted in the World War; however, the war ended before he was issued clothing or enrolled. He was given a discharge as he had only been in camp 16 days. Mr. C came to Hutchinson County in 1919 to work in the wheat harvest. Being able to find employ-

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ment he remained in Hutchinson County, and in 1927 he married. Mrs. C was also reared in Hutchinson County. Her father died when she was young, and she always had to help her mother provide for the rest of the family. Mrs. C is very delicate. In 1941 Mrs. C received a hand injury which became infected and developed into a bad case of blood poison. The hand healed but was very drawn, and it was hardly possible for her to use it. The housekeeping aide furnished assistance to the family.

The family have no debts, but in June, 1941, Mr. C was placed under the care of the doctor and was advised against doing any work of any kind. His condition grew gradually worse for several weeks, but he recovered leaving him very weak for months.

In September, 1941, Linda Jean was born.

Mrs. C was a hard working woman in spite of her deformed hand. She was very devoted to her husband and children. She was not a very good manager in her home. The housekeeping aide assistance have improved the standards of living in this home to a very great extent. Storage space was built, curtains made, and the general appearance of the home has been greatly improved. The children were all nice looking and healthy. They were devoted to one another and the older children are very helpful in caring for the younger ones. The older children attend school regularly and make average progress in their studies.

Mr. C is not interested in his home, and it is very difficult to get him to make any home improvements. The aides started mending the screens on the house and finally Mr. C helped some in

getting some scrap lumber to fix good screen doors. The house is badly in need of repair, but Mr. C will not do anything about this as he says he is looking for a better house for his family. The house has gas and water piped in, but no lights. There is no sink in the kitchen and no bathroom in the house.

In November 1942 another baby was born, which made nine children. This did not seem to bother Mrs. C as she felt well and did just as much work as usual. The housekeeping aide gave pre-natal and post natal care to the mother.

Mrs. C has about twenty-five chickens, a pig, and a small garden. The children have most of the responsibility in caring for these. During the winter the chickens were in a small brooder and were kept in the house when the weather was bad.

Mr. C has regained his health and is away from home most of the time. He owns a truck and uses it in the wheat harvest when he can get work. Mr. C does not have any bad habits, but he does not seem to be able to stay with any one job very long. He is fairly good to his family, but is not a very good provider.

The family budget follows:

Food	71.04
Clothing	22.00
Rent	5.00
Utilities	2.50
Household equip.	7.58
School equipment	1.00
America Natl. Ins.	1.20
	<hr/>
	110.32

Case D

Number in the family 7

Members	Date of birth	Education	Occupation
Father-Russel	5-26-04	6th grade	Farmer, odd jobs, junked.
Mother-Bessie	12-17-07	4th grade	Housekeeper
Dorothy	3-27-32	3rd grade	school
Sue	4-15-34	1st grade	school
Joe	2-6-36	Preschool	
Jim	10-23-37	Preschool	
Imogene	8-11-39	Preschool	

This family became known to relief April 1940 when it was recommended by the school nurse that Dorothy have her tonsils removed.

Prior to this application Mr. D had farmed all his life until crop failure forced him to sell his equipment and move to town. Being unable to secure employment he asked for assistance.

The first home visit revealed that the home was scarcely habitable, but the family was not making any effort to maintain sanitary living conditions. The walls and woodwork were dirty, the flooring was bad, and the stove was a fire hazard as the oven door had to be propped with a stick to keep it shut. The children were sleeping in quarters where the wind whistled through, with no door, but a curtain tacked up. Mrs. D was dejected and hopeless.

During the months of November and December 1941 the family was referred to the housekeeping aide to assist with the house work and sewing and to clean the children up and keep them in school.

During the two months the housekeeping aide worked hard papering and painting the two rooms, finishing the walls of the

lean-to bed room that the children slept in with pasteboard boxes from the grocery stores, and putting a door on the room. Time was also given to sewing for the children. Four dresses, two slips and three pairs of panties were made for each girl, two pairs of pants and two shirts and two pairs of underwear for each boy. All of the old, dirty rags were cleaned out and destroyed, and the house was cleaned up in general. Both Mr. and Mrs. D seemed interested and helped. The work was completed by Christmas. Every one seemed very happy and the home was quite comfortable. Several churches helped the family.

In April, 1941, the school nurse reported that the children had the measles. At this time it was reported and confirmed that this family had sold their home for \$185.00 and had taken the family to live in a tent which had a dirt floor and hardly room enough to stand up in.

Mr. D had continued to ask for help at the relief office and all records showed a generous supply had been given the family. No particular care seemed to be given to the clothing of the children and the constant calls showed the family to be irresponsible. Mrs. D was informed that she would not be given further help more often than once every 30 days unless there was an emergency.

Mr. D got food from the commodity store, but the family did not use all the food and wasted it because they either were tired of it or did not like it.

The social status of this family was very low. In a home visit Mrs. D and family were found very dirty and again had lost all interest.

The family budget follows:

Food	29.85
Clothing	7.85
Household equip.	2.00
School	1.00
	<hr/> 40.70

Aid rendered in home.---One chilly morning a little three year old girl was warming before the crude open stove in her parents' small and comfortless home. Almost at once her thin gown caught fire. As she ran screaming into another room to her mother, the swift flames shot up the entire right side of her body and burned her severely. The mother, who quickly smothered the flames with her bare hands, saved the life of her baby, but received deep and painful burns which took two months to heal. Hired help in the home was beyond the family's means, for the father was out of work. A referral agency called the Housekeeping Aide Project, which sent workers to care for the badly burned little girl and her mother and another five year old child. An ingenious substitute for the regulation hospital light cradle was used by the Housekeeping Aide. It was made of odd pieces of wire found about the home. This kept the weight of the covers off the burned child and permitted use of the electric light to aid in healing. Another practical idea put to good use in this home was the lining of the combination kitchen, dining room, and

living room walls with clean used cartons from the waste paper at the local stores. These cartons, which were a clear warm buff color, brightened the otherwise black walls and also served to keep out wind and dust. The house, surrounded by ugliness and squalor, poverty and neglect (third house in Figure 1) was built of unpainted metal sheeting discarded by the carbon black companies. There are two tiny bedrooms with barely enough room for one bed and stove in each, and the combination room already referred to. The furnishings are scanty and of poor quality. The mother is very grateful for everything the Housekeeping Aide did for her. She became interested in different and better ways of keeping a home, and now every Friday she attends the Informational Assistance Center at the Housekeeping Aide Project, where she is learning how to use most wisely the food which she is able to buy with her limited budget.



Fig. 2 --Burned Mother and Child.

A deserted home.--In the following domestic tragedy, the Housekeeping Aide stepped in, alleviating the loneliness, heartache, and discomfort within its power to do so.

When the dissatisfied wife and mother deserted the poor little shack that had been home, taking three of her children with her, she left a jobless husband and two tiny children behind. Finding that these two little ones were left alone while the father hunted for work, the local Red Cross asked the Housekeeping Aides to take this case in hand. Accordingly, the Aides cared for the home and children until the father found work and was able to make arrangements for the children's care. The Aide prepared nourishing meals for the children and did necessary sewing for them. They also thoroughly cleaned the two room place.



Fig. 3.-- A motherless home serviced.

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All went well in the case of the following family until the father, an oil well driller, had a painful accident which crushed one foot and severed three toes on the other foot.

Needs and necessities find fertile soil to grow in when illness cuts off income from a growing family of seven. Here again the Aide gave pre-natal and post natal care to the mother and the baby, kept the other children in school, and prepared the meals. They canned fruit that was given the family from the commodity store and vegetables that grew in the small family garden. As these workers went about their task of keeping the home neat and orderly, they noticed the dire need of more storage space. To fill this need, they brought clean wooden boxes and built neat and effective units of cabinets in each of the two bedrooms.



Fig. 4.-- Above the average family.

Aide in colored home.--Poverty and adversity crowded the crooked little street with its ugly and ill-kept shanties. In one of them, smoke thickened on the chimney of the kerosene lamp as cold wind rattled the poorly fitted windows and doors. Cheap, warped lumber in the floor and walls was covered by a single layer of tar paper that flapped dismally with each gust.

In a sagging, rickety bed an aged and emaciated Negress, suffering from pneumonia, pulled the ragged bedding more closely about her. Shuffling inefficiently about the small untidy hut was a feeble old, blind Negress. These two were supported by a young Negro woman who worked fourteen hours daily in a private home for a meager wage.

When the supervisor of Housekeeping Aide arrived to help through the emergency, she asked how the two old women had managed. The blind one replied, "She is my eyes and I tries to be her hands."



Fig. 5.-- An Aide assisting the colored.

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Care of the sick.--Only the poor laborer who has tried to feed, clothe, and shelter seven on a small wage knows how bitter is the struggle. In the following case the home was neat and orderly, clearly showing a mother's loving care. But with all the family's eagerness to provide for themselves, they could not make one penny do the work of ten. The hard working mother fell ill of pneumonia, and before it was decided whether this was a city or a county charity case, she was very ill indeed.

The Housekeeping Aide, in caring for this home, enabled the father to continue working and kept the two older girls in school. The three pre-school age children were also cared for while the mother regained her health.



Fig. 6.-- Aid given ill mother.

Home improvement.--The workers found that no planning or provision had been made for the illness or the coming child. The one room apartment was almost bare of every convenience for mother and child. By using inexpensive and discarded materials, together with resourcefulness and inventiveness, the Aide furnished the room neatly and effectually with the necessary equipment. A hinged table for a working surface was built against the wall. Clean wooden boxes from local stores, covered by adequate cloth materials, provided storage space. These same boxes furnished material which was fashioned into a nice little baby bed and also into a convenient and practical baby bath. A neat six drawer dresser, showing unusual manual skill, also was made. Blocks were also made by the Aide for the bedstead which was borrowed from the local Red Cross. Inexpensive, neatly made and trimmed white curtains were made for the windows, giving the room a cheerful aspect.



Fig. 7.-- Planning for the baby.

A typical kitchen.--Lack of forethought, initiative, and inventiveness, those chains that bind the poor, were loosened and the way pointed to self-help through self-effort in the following case.

When the workers from Housekeeping Aide came to this make-shift home, they had first to provide working equipment. A dirty, broken down old table was discarded, and new clean wooden boxes built into an attractive cabinet instead. A cover of white oilcloth extending up the wall was tacked on this to provide a working surface. More boxes, nailed above this, gave an illusion of a continuous cabinet.

The family had no washstand, so the Aide made a neat one from boxes salvaged at stores. The kitchen had been almost bare of equipment. A creditable substitute for cooking equipment was improvised from oil cans. The cheap little gas range was cleaned, and things put into proper order, thus making it possible to cook a meal efficiently.



Fig. 8.-- Improvised kitchen equipment.

Chapter VI

DISCUSSION

For this study of the general living conditions of 20 families serviced by the housekeeping aide, the writer has considered the following problems: (1) the type of family served, (2) the type of service given, and (3) the type of changes noted in the families after receiving aid.

Comparison of the total population with the twenty families selected for study.

Routine general housework, home improvement, food preparation, laundry work, and sewing and mending were received by all the families of both groups. Service in child care was rendered in about 90 per cent of the homes both in the sample and in the total population. The greatest difference between the two groups was in attendance in the adult classes. A larger percentage of the families in the sample than in the total population attended these classes. Since most of these families had received the aid while the classes were being organized. Because of the geographical location of the town, gardening was practically impossible; therefore little had been attempted by either group in this field.

The family

The incomes of the 20 families of the study were inadequate and insecure, as shown by the fact that 25 per cent of the

families depended on the government for aid. Other evidences of low and insecure income were the 10 per cent who were listed as doing common labor and the 25 per cent who worked at odd jobs. Those who received a salary were a carbon-black worker, an oil field worker, and a driller. At times when "lay-offs" were made daily, these families were unable to meet the emergencies that arose in their homes. (Fig. 4)

The families were large, with an average of 5.7 children. This number was almost twice as many children as were found among the Latin-American families described by Brown (6) in 1936.

The families had very few books and magazines in the homes. The education of the mothers and fathers was very limited. Ten per cent had completed the eleventh grade, while the average education was the sixth or seventh grades.

From the case histories, it was found that the social status of one half of the families was low as estimated on the basis of records from the county relief office. Practically all of these families came to Borger during its "Boom Days" as an oil town. Like other oil towns of its size, it did not withstand the shocks of the depression; therefore many of these families were stranded. They loved to talk about their better days, all the families mentioned that they had owned automobiles at some time.

Housing conditions

The 20 families for the most part were far below the standards set up by Rogers (54). Cramped living quarters were

conducive to both physical and mental inefficiency because of inadequate rest. These over-crowded conditions also provided unhealthful living conditions. In many cases there were too few windows. As a result of ill fitting windows and doors, winter colds, pneumonia, and other sickness due to exposure were common throughout the winter months. During the dust storm season common to that section, the equally injurious dust was a menace to health.

In only a few cases did the source of water supply meet the standards set up by Rogers (54) for fair housing conditions. In the majority of cases the water was piped in the yard. Twenty per cent of the families carried it from a distance. It was not surprising to find that the sanitary conditions in some of these homes were poor and that the children were ill-kept. The sanitary facilities of these homes were a miserable feature, judged according to Roger's standards (54). Several families fed the garbage to animals, but in many cases it was thrown just outside the kitchen door. This area of the yard early in the spring became a breeding place for flies and rodents. Practically all of the 20 homes serviced had unkept yards. Two homes had attempted to grow flowers and vines, but poor soil and lack of water supply made it almost impossible. No home was without lighting and heating facilities of some type.

Storage space for clothing was decidedly lacking. Stacks of clothing were piled on all available flat surfaces and in boxes under the beds. Such conditions left no place for an orderly, well-managed working atmosphere.

Inadequate furnishings, many of which were badly in need of repair, could in no measure meet the needs of these people. This inadequacy plus cramped living quarters was highly apparent in the sleeping arrangements. Where two or more beds are placed in each room, health, privacy, and personal pride are lacking. In one case in the study, eleven children and two adults were living in one room. In this home it was practically impossible to accomplish any improvement other than to care for the sick mother. The mother in that home remarked to the aide that she enjoyed going to the hospital to have her babies because it was so nice and clean. In most of the homes the children were sleeping on cots or make shift beds on the floor. In 45 per cent of the homes children slept with their parents. Was it any wonder that these children were restless and unresponsive in school? These homes had very little to make them inviting; few had window shades or curtains or coverings on the floor. The half dug-out had one large room and two small rooms dug back in the side of the hill. The floors were dirt with scrap pieces of linoleum spread around.

Service equipment such as washing machines, refrigerators, ironing equipment, and cleaning materials are valuable labor-saving devices in the home, but this equipment was not found in these homes. Seventy per cent of the families used a wash tub and rub board for washing equipment. Flat irons and table tops comprised the ironing equipment for more than one half of the families. Refrigerators were found in only ten per cent of

the homes studied.

Sewing machines in most of the homes were not used to the fullest capacity, because the women knew little of construction methods or procedures, and these families had little or no money with which to buy materials. All of these families were issued clothing by the commodity store and by such organizations as the American Red Cross, The American Legion Auxiliary, and various church groups.

Food habits

The dietary standards which were used as a basis of comparison in this study were set up by the Nutrition Division of the Federal Security Agency, Washington, D. C. (49). These standards were determined by the National Research Council, a committee on food and nutrition, May, 1941. The recommended dietary allowances were set up on a dietary "pattern". The diets of the families of the study were very inadequate as compared to the recommended dietary pattern, partly through lack of knowledge of food essentials for growth and development, partly because of inadequate planning, and partly because of inadequate funds.

It was noticeable that practically every family used some type of table covering at meal time. A large per cent of the group ate meals together and had some kind of seating arrangement. However, all the families ate between meals. Only 10 per cent of the families used individual drinking glasses. Some of the families, in a very small way, were aggressive enough to

produce a small part of their food supply but little food was preserved for future use. The food supply was either used daily or wasted. Window coolers were used in 30 per cent of the homes. None of these families used meat daily, except salt pork that was issued by the commodity store. Bologna and wieners were used by a few families weekly. Eggs and cheese, which could be used as a substitute for meat, were used by these families only occasionally and even then by a very small percentage of families. The only other protein source was dried beans, which did not provide an adequate protein allowance.

One green and one yellow vegetable other than potatoes should be used daily, according to the recommended dietary pattern. None of the families used these vegetables daily. Most of them had used only occasionally the vegetables listed in Table 28. The only vegetables which were used daily were dried beans and peas and onions. Prunes were the only fruit eaten daily by any family. Only a very small percentage of the families used any kind of fruit even occasionally.

Milk and butter were eaten by the families only occasionally and then by a small group. Evaporated milk and dried milk were issued by the commodity store, but very few of the families knew how to use the dried milk; therefore little of it was used.

Cereals and breads were used daily as the largest part of the diet. Biscuits, corn bread, and white bread were used daily with oatmeal and grits, while whole grains cereals as listed in the standard dietary pattern were used only occasionally.

Sugar was used by the families occasionally. Lard and peanut butter were used daily when issued to the families at the commodity store. Syrup was used daily by all of the families of the study. A few staple groceries such as baking powder, salt, black pepper and chili powder were found in practically all of the homes.

Types of aid given

The housekeeping aide project was set up to provide an all-round housekeeping service. Many of these homes referred for housekeeping aide service were meagerly equipped and lack the essentials for comfort, convenience, sanitation, orderliness, and good organization of work. There were many of the home improvements which the aide encouraged the family to make with little or no expenditures of money. (Fig. 7) Forty five per cent of the homes had clothes closets built, and, where it was impos sible to use the space for a closet, hooks and nails were driven into the walls. One hundred per cent of the homes studied had the window screens and screen doors mended and also cabinet space in the kitchens improved. Two outstanding achievements of the year in home improvement were the covering of the floors of one house with scrap flooring furnished by the city and the papering and painting of a three-room house. This last however was in vain; soon after the work was completed the family sold the house for \$185.00 and moved into a tent.

The assistance which the housekeeping aide gave the care of the sick was necessarily limited to elementary care. Sixty five

per cent of the mothers received pre-natal and post natal care. A mother and child who were badly burned were cared for. (Fig. 2) In general the services given to the sick were keeping the room clean, in order, and well ventilated, doing the necessary laundering, making of the bed, bathing the patient, and preparing and serving the meals. A housekeeping aide never gave medicine without written instructions from the physician.

Mending necessary to keep the clothing and household articles in good repair was accomplished in all the homes. The renovation of some type of garment was also done in practically every home.

Laundry care was given in all 20 of the homes. The laundering of the pillows was a special problem in each home.

Improving the health and general well-being of the children in these families was one of the most important contributions made. The training habits of food, sleeping and toileting of the children were given special attention. The mothers in several of the homes were absent or incapacitated. (Fig. 3)

Canning was brought to attention of the homemakers in these homes when it was found that commodity foods were being wasted. Apples, peaches, pears, peas and kraut were canned by a small number when the families had a surplus of commodities. Tomatoes, beans, and beets were canned from the gardens in a very small percentage of the families. Twenty per cent of the families planted tub gardens.

As mentioned earlier in the discussion, meal preparation was an important health essential; therefore dinner and supper were prepared in all the homes while some members of the family usually prepared the breakfast. The food found in the homes was very inadequate for a well-balanced diet.

Changes noted in the families

The general appearance of the homes was neater and cleaner after having had the service of the housekeeping aide. The beds were found cleaner and a few of the homes had eradicated the household pests. After the homes were equipped with storage space the laundered clothing was cared for better. Twenty five per cent of the families added improvised equipment to their meager supply of kitchen equipment. (Fig. 8) Renovation of clothing was continued in about one fourth of the homes.

The sick patients, in all cases, recovered from the temporary illnesses. (Fig. 5) Over one half of the patients improved in cleanliness after receiving the aid. The 15 per cent who were unable to recover completely were given improved diets and made more comfortable.

Very few of the children had been trained to take afternoon naps or rest. After the aide had been in the home, more than one half of the children of pre-school age were taking rest periods. The children also improved in their training habits.

New foods were introduced and used in 60 per cent of the homes, while better care and more careful preparation was given to

all the foods. Nearly half of the families made better use of the commodities.

The aides had created the interest in tub gardens, and a few of the families continued to replant the gardens throughout the summer.

A greater improvement was shown in the health conditions of the mother than in any other respect. Practically all of the mothers were able to accept the responsibilities of the family and were stronger physically because of having received the best possible attention during illness. (Fig. 6) In several of the homes the school children were able to continue school.

The changes that were evident in the effectiveness of buying were very few. Six of the larger families learned that it was more economical to buy in large quantity. Whenever money was available the families bought meat. Twenty per cent of these families learned that buying cheese was more economical than the cheaper cuts of meat. A very small percentage attempted to use shopping list and make a plan for spending money.

Implications of the study

1. Many conferences and much instruction would seem to be needed for training the homemaker to become efficient.
2. Increased wages would seem to improve condition of these families according to economic and social status.

Chapter VII

SUMMARY OF FINDINGS

The 20 families used in this study were selected from the families which had received help from the Housekeeping Aide Project, Borger, Texas, 1941-1942.

The data needed for the study of the 20 families selected by the Housekeeping Aide Project were secured from (1) official requests for aid, (2) case histories, (3) daily reports of the workers, (4) home surveys, (5) home visits, (6) records at the commodity store, and (7) services offered by the informational assistance center.

The problem

How has the Work Projects Administration Housekeeping Aide Project in Borger, Texas, helped rehabilitate the families which it served?

Problem analysis

1. What type of family did the housekeeping aide project serve?
2. What aid did it give?
3. What changes were noted in those families after receiving help from the housekeeping aide project as to,
 - a. Status of health
 - b. Effectiveness of buying
 - c. Home practices

Summary of findings

Comparison of services rendered to all families serviced with those given to the families included in this study.--1. The majority of the families received 100 per cent service in the routine of the different types of work done in the homes. Eighty five per cent of the families of the study group attended the adult class while only 45 per cent of the total group attended.

Types of family served.--(1) Twenty five per cent of the families depended on odd jobs.

(2) Forty five of the families were working at jobs that paid a definite salary and five of them were government compensation.

(3) The number of children in family groups varied from 2 to 11. The majority of homes had 6 children.

(4) Only 45 per cent of the homes had magazines and 20 per cent had books.

(5) Ten per cent of the mothers and fathers completed the eleventh grade and five per cent the tenth grade. The majority of both never progressed beyond the seventh grade.

(6) Twenty per cent were average in social status according to rating made by county welfare worker. Seventy per cent were classified as low or very low.

(7) Thirty per cent of the families had cars in running condition. Three families had trucks.

(8) Most of the families had some kind of a domesticated animal.

Housing conditions.--(1) Seventy five per cent of the families lived in some kind of wooden building. The other families lived in a tin shack, a half dug-out, a scrap iron shack and a stucco building.

(2) Two of the homes had dirt floors. Eighty per cent of the floors were of unfinished wood. Seventy five per cent of the walls were unfinished. Three had rafter ceiling.

(3) One hundred per cent of the families cooked and ate in the same room. Fifty five per cent had beds in their living room. Only six families had separate bed rooms.

(4) The number of windows varied from two to ten in the homes. Fifty five per cent were without screens.

(5) Eighty five per cent of the families used city water. Eight of the families either hauled or carried water by hand.

(6) All families were provided with electricity, kerosene, or gas lighting facilities.

(7) Seventy per cent of the families used gas for heating. Sixty five per cent cooked with gas. Wood and kerosene were in use by 25 per cent. One family used electricity.

(8) Almost all of the homes were provided with outdoor toilet facilities. Seventy-five per cent of the homes were without sinks. Garbage was thrown in the yard in 45 cases. Seven families fed the garbage to animals.

(9) Little provision was made in the homes for the storage of fresh foods. Only 30 per cent had some type of cooler.

Storage space for clothing was decidedly lacking. Seventy five per cent used nails in the wall. Boxes were used in 65 per cent of the homes.

(10) Furnishings such as kitchen stoves, straight chairs and pictures were in every home. About three-fourths of the families had heating stoves and kitchen tables. One half of the families had sewing machines, dressers, kitchen cabinets, wooden bedsteads and radios. Other furnishings were found in only a few homes.

(11) Enough beds of some type were available to all but four families. Three or more beds were found in each room in half of the cases. In nine of the homes children slept with the parents.

(12) Over one half of the houses had window shades but many of them were in very poor condition. Twelve homes had no curtains.

(13) Laundry was done outside the house in tubs in three fourths of the homes. Flat irons were used in 60 per cent of the homes. Every family had brooms and cleaning rags. Soap was found in practically every home. One hundred per cent of the homes had bath towels.

(14) Practically all the yards were ill-kept.

(15) Fifteen per cent of the families attempted gardening.

Food habits.--(1) All of the families ate between meals. Over one half of the families had their meals together

with enough equipment to set the table in some fashion. Only two families used separate drinking cups.

(2) Only four families had done any type of canning.

(3) Salt pork was used daily by 20 per cent of the families. Families used meats only occasionally.

(4) Potatoes were used daily in 100 per cent of the homes. Dried vegetables constituted the weekly food supply. No regular use was made of vegetables in the families.

(5) Fruits were seldom found in the diet.

(6) Dairy products and eggs were used daily by few families. The products were used only occasionally by all families.

(7) Cereals were used daily by the families. Biscuit, corn bread, and white bread were eaten by all the families, but cakes or pastries only occasionally.

(8) Coffee was used daily.

(9) Very few staple groceries were found in homes. Commodity store supplies found in all the homes. Syrup was used by 75 per cent of the families.

Type of aid given.--(1) All families received some type of home improvement in the homes. Eighty five per cent had cracks in the walls covered. Kitchen shelves were built in 15 of the homes. Storage space was arranged in 55 per cent of the homes. Holes were mended in 40 per cent of the floors. Painting, papering, mending steps, making scrub mops and a table were accomplished in a few homes.

(2) Ninety per cent of the homes received care of the sick. Fifty five per cent of the mothers received pre-natal and post natal care. Influenza was cared for in 45 per cent of the homes. Measles, mumps or pneumonia were cared for in several of the families.

(3) Forty five per cent or fewer of the families made new garments. Clothing from the commodity store was altered in 90 per cent of the homes. Renovated clothing was made in 70 per cent or more of the families. New curtains were made in 55 per cent of the homes.

(4) Laundry was performed in 100 per cent of the homes. Special articles as blankets, and pillows were laundered in a large number of the homes.

(5) General house work as remove the clutter, make beds, sweep floors, dust furniture and wash dishes was done in all the homes.

(6) Special cleaning was done in 95 per cent of the homes.

(7) Training habits of the children such as eating, rest, toilet, and play were practiced in 100 per cent of the families. Ninety per cent of the children were cared for while mothers were ill.

(8) Meals were prepared in all the homes. Beans, potatoes, cornbread and biscuits were prepared in 100 per cent of the homes. Various vegetables were prepared in 85 per cent of the homes while aides were there.

(9) Seventy five per cent of the yards were cleaned.

Less than one half helped dispose of garbage and repair the fence.

Changes as noted in families.--(1) Practically all of the fathers and mothers of the families improved in health. The mothers showed the greatest improvement. Eighty per cent of the mothers were rated as having average health after receiving aid.

(2) Ninety per cent of the homes revealed a change in general appearance. Eighty per cent of the floors were cleaner. Sixty five per cent of the beds were cleaner. Dish washing improved in 40 per cent of the homes. Pests were eradicated in 15 per cent of the homes.

(3) Home improvements such as repairing kitchen cabinets, improvising kitchen equipment and mending broken furniture were accomplished in several homes. Less than 20 per cent of the families continued to renovate clothing.

(4) Sixty five per cent of the patients showed an improvement after the aide had cared for them. The children were cleaner in 75 per cent of the homes.

(5) Sixty per cent of the children had better sleeping habits. Forty five per cent of the children had better toilet habits.

(6) All families improved in using surplus commodities. Foods were stored more carefully in 30 per cent or less of the homes. Window coolers were made in about half of the homes. A few of the families used meat substitutes, bought fresh milk and set the table better.

(7) Gardening was done by a very small per cent of the families.

(8) Three of the families made no noticeable improvement after receiving aid.

(9) Less than one half of the families improved in buying habits. Only five per cent of the families made a plan for spending money.

(10) Shopping with a list helped a few with their limited amount to spend.

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Appendix B

Texas Work Projects Administration
Daily Report for Housekeeping Aides

W.P.No. _____

Name of Aide _____
Last name First name

Report for Week Beginning _____ Ending _____

SIGNATURES AND ADDRESSED OF FAMILIES VISITED	DATE	TIME SERVED		TYPE SERVICE	
		(HOUR)	(HOUR)	HOW	RETURN
1. a.					
b.					
2. a.					
b.					
3. a.					
b.					
4. a.					
b.					
5. a.					
b.					

DISTRIBUTION OF ASSIGNED HOURS

DAILY HOURS ASSIGNED TO PROJECT	Dates					Total
1. Assigned Hours Unworked or Lost						
2. Hours Spent at Project Headquarters						
3. Hours Spent En Route						
4. Hours Spent in Homes of Families						
A. General Housework						
B. Care of Infants or Small Children						
C. Cooking						
D. Laundry						
E. Sewing, Mending, etc.						
F. Simple Home Care of Sick Under Nurse's or Doctor's Instructions						
G. Other (Specify)						
1.						
2.						
3.						

Narrative Report.

Appendix C

Home Survey - Part I

Housing
(Check sheet)

1. Name
2. Address
3. Occupation
4. Regular work (father)
5. Part-time work (father)
6. Regular work (mother)
7. Part-time work (mother)
8. Number of boys in family - - - no. at home
9. Number of girls in family - - - no. at home
10. Others not of immediate family living in home
11. How many families live in your home?
12. Total number living in your house.

HOUSE

13. Kind of house
 - a. Shacks
 - b. Unpainted frame
 - c. Painted frame
 - d. Stucco
 - e. Scrap iron
 - f. Dug out
14. Number of rooms
 - a. Bedroom
 - b. Living rooms
 - c. Dining rooms
 - d. Kitchen
 - e. Bathroom
 - f. Hall
 - g. Closets
 - h. Back porch
 - i. Front porch

CONDITION OF HOUSE

15. Floors
 - a. Unfinished wood
 - b. Finished wood
 - c. Dirt
 - d. Floor coverings
 1. Linoleum
 2. Rag rugs
 3. Wool rugs

16. Woodwork- - - - -Unfinished- - - - -Finished
17. Interior walls
- a. Unfinished interior
 - b. Unpapered
 - c. Unpainted
 - d. Papered
 - e. Painted
18. Ceilings
- a. Not ceiled
 - b. Finished ceiling
19. Windows
- a. Number
 - b. Number that opened
 - c. Door with glass
20. Screens
- a. House not screened
 - b. House screened
21. Window shades
- a. No shades
 - b. Shades badly worn
 - e. Shades in good condition
 - d. Curtains

WATER SUPPLY

22. Source of water supply
- a. City system
 - b. Well
23. Water supply for house
- a. carried
 - b. Hauled
 - c. Hydrant in yard
 - d. Piped in house
 - e. Piped cold
 - f. Piped hot
24. Sanitary facilities
- a. Outdoor toilet
 1. Improved
 2. Unimproved
 - b. Indoor toilet
 - c. Bathroom
 1. Tub
 2. Shower
 3. LAVORATORY
 - d. Kitchen sink
 1. With drain
 2. Without drain
 3. Table substitution
3. Garbage disposal
1. Thrown out
 2. Burned

3. Fed to animals
4. City disposed
25. Lighting
 - a. Kerosene or gasoline lamps
 - b. Electricity
 - c. Gas
 26. Fuel used for heating
 - a. Stoves
 - b. Wood
 - c. Kerosene or gasoline
 - d. Gas
 - e. Electricity
 - f. Coal
 27. Stove used for cooking
 - a. Gasoline
 - b. Kerosene
 - c. Wood
 - d. Gas
 - e. Electricity
 - f. Coal
 28. Refrigeration
 - a. No provision
 - b. Iceless refrigerator cooler
 - c. Ice refrigerator
 - d. Mechanical
 29. Laundry facilities at home
 - a. Inside tubs
 - b. Out side tubs
 - c. Water heated by fire
 - d. Washing machine
 - e. Sanitizing (sterilizing)
 1. Boiling
 2. Rinsing
 30. Irons
 - a. Flat or sad iron heated on stove
 - b. Gasoline iron
 - c. Electric iron
 31. Cleaning equipment
 - a. Face towels
 - b. Bath towels
 - c. Wash cloths
 - d. Mops
 - e. Soap dishes
 - f. Wash stand
 - g. Broom
 - h. Wash basins
 - i. Slop jars
 - j. Carpet sweeper
 - k. Scrub brush
 - l. Wash boiler
 - m. Vacuum cleaner

- n. Soap
 - o. Furniture polish
 - p. Cloths for cleaning
 - q. Cleaning powder
 - r. Clothes line
 - s. Clothes basket
 - t. Clothes pins
32. Sewing machine
- a. Treadle
 - b. Electric
33. Storage space for clothes
- a. Suitcase
 - b. Trunk
 - c. Hooks for clothes
 - d. Boxes
 - e. Shelves
 - f. Chest
 - g. Wardrobe
 - h. Closets
34. Yard
- a. Swept yard
 - b. Grass in yard
 - c. Bare
 - d. Weeds
 - e. Flowers
 - f. Vines
35. Vegetable garden
36. Domestic animals
- a. Chickens
 - b. Goats
 - c. Cow
 - d. Pig
 - e. Dog
 - f. Cat
 - g. Bird
37. Sleeping
- a. Do you sleep on cot or bed? - - - - -
 - b. Do you sleep on floor? - - - - -
 - c. No. of beds in room you sleep. - - - - -
 - d. Where do children sleep? - - - - -
 - e. With whom do they sleep? - - - - -
38. Furniture
- a. Bureau
 - b. Bed
 - 1. Metal
 - 2. Wood
 - c. Chairs
 - 1. Straight
 - 2. Rocking
 - d. Tables
 - 1. Kitchen

- 2. Dining
- 3. Library
- 4. Occasional
- e. Stoves
 - 1. Kitchen
 - 2. Heating
- f. Radio
- g. Phonograph
- h. Wash stand
- i. Baby buggy
- j. Baby bed
- k. Bassinet
- l. Kitchen cabinet
- m. Book case
- n. Settee
- o. Benches
- p. Pictures
 - 1. Sacred
 - 2. Others
- 39. Car
- 40. Magazines
- 41. Books

Home Survey - Part II

Dietary Practices
(Check sheet)Eating habits

1. Does all the family eat together? _____
2. Do you eat at a table? _____
Table covering
 - a. None? _____
 - b. Oil cloth? _____
 - c. Cotton cloth? _____
3. Do you have a chair for every one? _____
4. Do you use boxes or benches to replace chairs? _____
5. Do you eat between meals? _____
6. Do the children eat with the family? _____
7. Do school children eat lunches prepared by school? _____
 - a. Take a cold lunch? _____
 - b. Eat hot lunch? _____
 - c. Eat no lunch? _____
 - d. Come home for lunch? _____

Dishes

8. Do you have enough dishes to serve whole family at once? _____
9. Do you use tin pans to replace plates? _____
10. Do you all use separate drinking cups? _____
11. Do you have enough
 - a. Knives? _____
 - b. Forks? _____
 - c. Spoons? _____ to serve the whole family at once?

Sources of food

12. Are you issued food from the commodity store? _____
13. Do you buy your food at the grocery store? _____
14. Do you buy your food at the open fruit and vegetable stands? _____
15. How many times each week do you buy? _____
16. Do you have a vegetable garden? _____
17. Do you have pigs? _____
18. Do you have a cow? _____
19. Do you have chickens? _____

Home Survey - Part II

Dietary Practices--Continued
(Check sheet)

Storage of foods

- 20. Do you have a mechanical refrigerator? _____
- 21. Do you have an ice box? _____
- 22. Do you have a cooler? _____
- 23. Do you can foods? _____
 - a. Fruit? _____
 - 1. Jellies? _____
 - 2. Preserves? _____
 - Vegetables? _____
- 24. What dietary habits have been influenced by hot lunches? _____

FOODS CONSUMER	Used at all	Used Monthly	Used Weekly	Used Daily
MEATS (fresh)				
Beef	_____	_____	_____	_____
Pork	_____	_____	_____	_____
Liver	_____	_____	_____	_____
Rabbit	_____	_____	_____	_____
Fish	_____	_____	_____	_____
Weiner	_____	_____	_____	_____
Bologna	_____	_____	_____	_____
Chicken	_____	_____	_____	_____
MEATS (cured)				
Beef	_____	_____	_____	_____
Dried	_____	_____	_____	_____
Smoked	_____	_____	_____	_____
Pork	_____	_____	_____	_____
Salted	_____	_____	_____	_____
Ham	_____	_____	_____	_____
Bacon	_____	_____	_____	_____
Sausage	_____	_____	_____	_____
Fish	_____	_____	_____	_____
Salted	_____	_____	_____	_____
MEATS (canned)				
Beef	_____	_____	_____	_____
Pork	_____	_____	_____	_____
Fish	_____	_____	_____	_____

VEGETABLES (cont'd) Used at all Used Monthly Used Weekly Used Daily

VEGETABLES (fresh)

Asparagus _____

Beans

Butter _____

String _____

Lima _____

Beets _____

Cabbage _____

Carrots _____

Cucumbers _____

Garlic _____

Lettuce _____

Okra _____

Onions _____

Peas _____

Peppers _____

Potatoes _____

White _____

Sweet _____

Radishes _____

Spinach _____

Squash _____

Tomatoes _____

Turnips _____

VEGETABLES (cont'd) Used at all Used Monthly Used Weekly Used Daily

VEGETABLES (canned)

Beans _____

Kraut _____

Corn _____

Peas _____

Spinach _____

Tomatoes _____

Juice _____

VEGETABLES (dried)

Beans _____

Onions _____

Peas _____

Garlic _____

FRUITS (fresh)

Apples _____

Bananas _____

Berries _____

Cantaloupe _____

Cranberries _____

Grapefruit _____

Lemons _____

Oranges _____

Peaches _____

Pears _____

Pineapples _____

FRUITS (Cont'd) Used at all Used Monthly Used Weekly Used Daily

Watermellon (fresh)

FRUITS (canned)

Apples _____

Berries _____

Grapefruit _____

Peaches _____

Pears _____

Pineapple _____

FRUITS (dried)

Apples _____

Pears _____

Peaches _____

Prunes _____

Raisins _____

DAIRY PRODUCTS

Butter or substitute _____

Cheese

 Cream _____

 Cottage _____

Cream _____

Milk

 Whole _____

 Canned _____

 Dried _____

DAIRY PRODUCTS

(cont'd) Used at all Used Monthly Used Weekly Used Daily

Eggs _____

CEREALS

Cream of wheat _____

Corn flakes _____

Grits _____

Hominy _____

Oatmeal _____

Rice _____

Wheat (cracked) _____

(rolled) _____

BREAD

Biscuit _____

Corn _____

Graham _____

Whole wheat _____

Griddle cakes _____

Muffins _____

Rolls _____

White bread _____

Toast _____

Crackers

White _____

Graham _____

Fried _____

Others _____

CAKES (cont'd)	Used at all	Used Monthly	Used Weekly	Used Daily
CAKES				
Butter	_____			
Sponge	_____			
Cookies	_____			
Doughnuts	_____			
Others	_____			

PASTRY				
Pie with meringue	_____			

Two-crust	_____			
STAPLES				
Flour	_____			
Sugar	_____			
Syrups	_____			
Lard	_____			
Cornmeal	_____			
Spices	_____			
Beans	_____			
Kind	_____			
Soap	_____			
Vinegar	_____			
Catsup	_____			
Matches	_____			
Vanilla	_____			

STAPLES (cont'd) Used at all Used Monthly Used Weekly Used Daily

Peanut butter _____

Mustard _____

Chili powder _____

Pepper _____

Salt _____

Soda _____

Baking powders _____

BEVERAGES

Coffee _____

Tea _____

Postum _____

Cocoa _____

Appendix D

Classification of Housing taken from The Housing Situation of the Mexicans in San Antonio, Texas.
 Master's Thesis, 1937. University of Texas. Thomas Guy Rogers. (26:65)

Modern (Features)	Very good (Features)	Good (Features)	Fair (Features)	Poor (Features)	Very poor (Features)	Miserable (Features)
Sewer connections	Sewer connections	Sewer connections	No sewer connections	No sewer connections	No sewer connections	No sewer connections
Bath	Bath	No bath	No bath	No bath	No bath	No bath
Toilet	Toilet	Toilet	No inside toilet	No inside toilet	No inside toilet	No inside toilet
Kitchen sink	Kitchen sink	Kitchen sink	toilet	toilet	toilet	toilet
Hot & cold water	Hot & cold water	Hot & cold water	no sink	No sink	No sink	No sink
Kitchen separated from sleeping quarters	Kitchen separated from sleeping quarters	Kitchen separated from sleeping quarters	No inside connections water piped into yard	No inside connections water piped into yard	No inside connections water piped into yard	No inside connections
Rooms papered or plastered	General appearance should be that of modern house though not quite so well kept	Poor repair (papering & painting old) Showed signs of usage.	Kitchen separated from sleeping quarters House old but in fair condition Needed paint badly, No lawn	Kitchen not separated from sleeping quarters	Kitchen not separated from sleeping quarters	One room
General appearance showing pride in ownership					House had never been painted & in very poor condition	Dirt floors No windows other than half ones Hovel built of refuse tin & scraps.

Appendix E

National Research Council - Yardstick of Good Nutrition

Recommended Dietary Allowance

Dietary "pattern" to meet the recommended allowances.

FOOD	DAILY ALLOWANCE	WEEKLY ALLOWANCE
Milk	1 pt. Adults 1-1 $\frac{1}{2}$ pt. children	
Eggs		3 or 4
Meat	1 serving	
Vegetables	2 servings 1 green or yellow 1 other than potato	
Potato	1 or more servings	
Fruit	1 citrus or tomato and 1 other as apples, prunes, etc.	
Butter or Fortified Oleo	100-500 calories	
Cereal & bread	Whole grain or enriched cereal bread at least half of the intake	
Sugar & Fat & etc.	To complete intake	

Committee on Food and Nutrition, National Research Council, May 1941. Nutrition Division, Federal Security Agency, Washington, D.C.

Appendix F

CLOTHING AND COMMODITIES DISBURSED IN BORGER, TEXAS, 1941-1942.

Article	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
Apples	4010		2394			8512	2149			610			16,675 lbs
Butter			254	133									387 lbs
Beans, dry	475	509	717	704	260	610	194	512	9610	7292	385	796	67,065 lbs
Cereals, wheat	668	730	968	855	868	879	876	792	805	811	852	769	9,883 lbs
Corn meal	1226	1582	1961	1519	1934	2092	1732	1557	1862	1623	1176	1223	19,487 lbs
Corn grits		1429	1366	1384	1374	1742	1732	1557	1562	1688	1499	1264	16,677 lbs
Eggs	750												750 doz
Flour, graham	1412	1426	1949	1777	2021	2103	1897	1567	1900	1930	1425	1714	21,123 lbs
Flour, white	2570	2616	4010	3901	4132	3594	3822	3904	3598	3967	2939	3660	42,713 lbs
Grapefruit juice	339				777				6379		321		7,832 doz
Lard	692				1262				960		247		3,161 lbs
Milk, Evap.	386	736	274			386	386	425		1790		624	3,621 doz
Milk, Dry	900			1114					435	435			2,884 lbs
Onions	542							412			672		2,786 lbs
Oats	288	456	288	327	288	236	288	288	288	456	288	377	5,090 lbs
Oranges										963			963 doz
Prunes	489	672	946	768	711				682	489	668	486	5,901 lbs
Peas, Blackeyed fresh				892	209								1,101 lbs
Potatoes, Irish	1218	1648	1256	1142	1012	1172	1648	1218	1416	1369	1218	1218	15,535 lbs
Peaches, fresh								4065					4,065 lbs
Peas, fresh								1672					1,672 lbs
Peanut butter									210		210		420 lbs
Pears, fresh								769					769 lbs
Rice	764	760	1205	96									2,825 lbs

Appendix F

CLOTHING AND COMMODITIES DISBURSED IN BORGER, TEXAS, 1941-1942.--Continued

Article	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
Raisins		443	753	544	511	545	494	446	117				3,853 lbs
Salt pork	695	895	560	721	432	201	365	246	311	513	540	852	6,331 lbs
Smoked ham	632												1,132 lbs
Tomatoes, fresh						661							661 lbs
Blankets, regular	19	1								6		9	35
Blankets, baby	4	3	2	1	4	1		1	2			1	19
Comforts	105	23										21	149
Mattresses	20				4	7	6	11	7	18		2	67
Sheets	14	17					14	17			34		65
Garments													
Infants	650	380	534	665	286	541	274	482	388	237	299	557	5,143
Boys	302	163	298	662	402	208	286	297	483	155	284	312	3,842
Girls	653	262	442	1020	391	357	464	304	551	266	366	430	5,666
Mens	269	162	382	481	220	186	168	123	116	172	303	196	2,764
Womens	709	490	751	1116	493	334	316	227	227	226	402	457	5,748
Household furnishings		12	11	150	158	4		12	25	31	19	32	455

Appendix G

HOUSEKEEPING AIDE

Subject: Informational Assistance Center

The following outline was used to conduct the groups

1st. GROUP

FAMILIES	ADULTS	AGE OF CHILDREN
1.	2	13, 11, 6, 3, and 1 years
2.	2	15, 13, 5, and 3 years
3.	2	14, 13, 9, 7, 5, and 2 years
4.	2	6, 4, and 2 months
5.	2	7, 5, and 2 years
6.	2	5, 3, and 1 year
7.	2	5 and 2 years
8.	2	4 and 2½ years
9.	2	9, 8, 5, 4, 2, 1 years
10.	2	6, 4, 3, 2, and 6 months.

2nd. GROUP

1.	2	11 and 13 years
2.	2	13, 12, 10, 8, 7, 6, 3, 1½ and 6 mo.
3.	2	14, 12, and 8 years
4.	2	6 and 3 years (Pregnant)
5.	2	13, 12, 10, 6, 4, 1, and 6 months
6.	1	7, 5, and 3 years
7.	2	12, 10, 8, 7, 4 and 7 months
8.	1	13 and 11 years
9.	2	15, 13, 12, 10, 9, 8, 5 and 3 years
10.	2	10, 8, 5, 4, 3 and 1 year

I. Instruction Period

- A. One a week
- B. Two hours each day
- C. Time 9:30 to 11:30 A. M. and 1:30 to 3:30 P. M.
- D. Eight week period of eight lessons

II. Procedure

- A. Scheduled center day work in order that this did not interfere with training workers.
- B. No aides were used in giving this training.
 1. It was supervised by Supervisor and foreman.
 2. A field worker was called when needed.

- C. Adapting the plan to related practices given aides
 - 1. An aide was sent into the home to care for the children while the mother was away.
- D. Instructions were given
 - 1. Composition of foods
 - 2. Food needs of the body
 - 3. How to read recipes
 - 4. Correct measuring
 - 5. Balancing of menus of low cost foods
 - 6. New and better ways of using commodity foods
 - 7. How to regulate oven temperature by use of home methods.
 - 8. Had posted charts, diagrams, articles and pictures that were simple to understand and could be applied to any situation
- E. Cleanliness and sanitation was practiced at all times

III. Lesson Number One

- A. Introductions were made
 - 1. An interpretation of the course was given
 - 2. Instructions, demonstration, and practices were given on the importance of selecting and reading of a recipe
 - 3. Demonstration and practice in accurate and correct measuring liquids and dry ingredients
 - 4. Making the cooked cereal muffin using left-over cereal.
- B. Evaluation
 - 1. Each woman was well pleased with the suggested plans
 - a. Was ready to make suggestions that were helpful in making plans meet their needs
 - 2. After years of practice in using recipes
 - a. They were glad to find ways of checking a recipe
 - b. Without trying by trial and error method
 - c. Wasting good ingredients
 - d. Practice had made them careless
 - 3. Demonstration and practice in measuring
 - a. Discussion held to prove good points

4. To put all suggestions into practice, we prepared cooked cereal muffins
5. Showing how cold cereal left from breakfast may be used in bread for dinner
6. This recipe became very popular

IV. Lesson Number Two (Potatoes)

- A. Discussion held on food value
 1. Their place in the diet
 2. Advantage of the many ways of using
- B. Potatoes prepared in the following ways
 1. Baked
 - a. Stuffed
 - b. Plain
 2. Escalloped
 3. Salad
 - a. Combined with lettuce and cabbage
 4. Shepherd's Pie
 - a. Potatoes as left-over
- C. Evaluation
 1. The average homemaker thinks of potatoes fried
 - a. It is easy and quick way of preparing
 2. One homemaker had prepared escalloped potatoes
 - a. Had forgotten how to prepare them
 3. The Negro girls enjoyed stuffed baked potatoes
 4. Shepherd's Pie was the favorite of all

V. Lesson Number Three (Beans)

- A. Discussion held on food value
 1. Importance in low cost diet
- B. Beans were prepared in the following ways
 1. Bean loaf with tomato sauce
 2. Bean sausage
 3. Boston baked beans with salt pork and molasses
 4. Bean casserole
 5. Bean salad
 - a. Plain
 - b. With cabbage
 6. Cream of bean soup
- C. Evaluation
 1. One of the most interesting lessons
 - a. All the families used beans
 - b. They welcomed new ideas
 2. How to use them
 - a. As a main dish
 - b. One dish meal

- c. Building up to complete protein
- d. As a vegetable

VI. Lesson Number Four (Cereals)

- A. Discussion held on food value
 - 1. Place in diet
 - 2. As meat extenders
- B. Cereals were prepared in the following ways
 - 1. Scrapple
 - 2. Indian pudding
 - 3. Corn bread (Basic recipe)
 - 4. Tamale pie
 - 5. Prune bread (with cracked wheat)
 - 6. Raisin cake
- C. Evaluation
 - 1. Homes receiving commodity foods have excess amounts of which they tire easily
 - 2. Lack of knowledge in the preparation of palatable dishes
 - 3. It was a surprise to all that cereals could be used other ways than boiled for breakfast
 - 4. The importance of the proper method of cooking
 - 5. The use of dried or canned fruits
 - 6. Adding these fruits gave new interest in an old food
 - 7. Added food value was given
 - 8. Cooking of cereal in milk was also new to some
 - 9. To know the amount of energy gained from a serving of cereal as compared with meat gave the women a new interest in preparing better cereal dishes
 - 10. Using a cereal for a dessert was a complete surprise to all
 - 11. They enjoyed the Indian Pudding and Raisin Cake

VII. Lesson Number Five (Meat Cookery)

- A. Price of meat vs returns in food value
- B. The cuts of meat and the methods of cooking
- C. Use of cheaper cuts of meat and meat extenders
- D. Meat was prepared in the following ways
 - 1. Tamale pie
 - 2. Rice and salmon loaf
 - 3. Hamburger pie
 - 4. Liver and rice loaf

5. Meat and dumplings
 6. Italian spaghetti
- E. Evaluation
1. The importance of making a small amount of meat go a long ways
 - a. By combining with different cereals
 2. Discussed the importance of the use of liver, kidney and other organs
 3. Use of left-over meats
 4. The effect of heat upon meat
 5. The importance of cooking meat according to cut
 6. Important because they all buy some meat daily or each week
 7. But why spend all their food money on meat

VIII. Lesson Number Six (Vegetables)

- A. The importance of using vegetables in the diet as to
1. Food value
 2. Use of cooked or raw in the diet
 3. How to buy
 - a. Cost vs food value
 - b. Kinds--mild and strong
 4. How to cook
 - a. How to prepare fresh vegetables
 - b. Amount of water
 - c. Method of cooking according to vegetable
- B. Vegetables were prepared in the following ways
1. Cabbage pudding
 2. Cabbage and cheese casserole
 3. Cabbage and apple casserole
 4. Cabbage salad
 - a. Raw carrots
 - b. Chopped celery
 - c. Apple
 - d. Onion and green pepper
 - e. Pineapple
- C. Lesson given on cabbage because it was a commodity food
- D. Evaluation
1. Note

The women made the remark, when told they were going to work with cabbage, "What could be done with cabbage besides boil and fry?" They later said it was one of the best lessons, that they had wondered

what to do with cabbage and how to get their families to eat it.

2. The cabbage pudding and cabbage and apple casserole are favorite dishes in their home now.
3. Vegetables in general were discussed
4. Some were used in complete meal

IX. Lesson Number Seven (Breads)

A. Introduction

1. Basic recipes were studied
2. Quick breads vs yeast breads
3. Comparison of buying with making breads

B. Breads were made in the following ways

1. Cornbread-basic recipe
 - a. Muffins
 - b. Pan bread
2. Muffins
 - a. Whole wheat
 - b. White flour
3. Yeast bread (quick method)
 - a. Cinnamon rolls
 - b. Fried bread
 - c. Rolls
4. Biscuits
 - a. Whole wheat
 - b. White

C. Evaluation

1. Very good lesson to check on accurate measuring
2. Good ability to follow instructions
3. All had made bread before
4. They had their methods
 - a. Some good
 - b. Some poor
5. As a rule they do not like the whole wheat bread
 - a. How made in several of the homes.

X. Lesson Number Eight (Complete meal)

A. Menus for the white group

1. Shepherd's pie
Fresh spinach
Prune bread
Jello
2. Hamburger Pie
Stuffed Baked Potato
Cabbage and apple salad
Indian pudding
Milk Coffee

- B. Menus for the Negro group
 - 1. Shepherd's pie
Buttered carrots
Spinach
Graham muffins
Indian pudding
 - 2. Liver and rice loaf
Stuffed baked potato
Cabbage, carrot and apple salad
Biscuits
Oatmeal cookies
- C. Evaluation
 - 1. From the foods that had been prepared the two groups
 - a. Planned
 - b. Prepared
 - c. Served
 - 2. The tables were set up
 - 3. The menus were criticized as to the following points
 - a. Meeting the health needs of the family
 - b. Using the Texas Food Standard
 - c. Would it fit with average breakfast and supper

- XI. Evaluation of Informational Assistance Center
 - A. Physical set-up
 - 1. Used two kitchens
 - 2. Equipment adequate
 - 3. Group I
 - a. Met Thursday afternoons
 - b. Time 2 o'clock til 4 o'clock
 - B. Attitude of Referral Agencies
 - 1. Very cooperative
 - C. Transportation
 - 1. Each woman provided her own
 - 2. Did not need to call on help
 - D. Aides assigned to homes
 - 1. An aide was sent into each home
 - 2. If husband was at home he was willing to keep children
 - E. Father's report on the classes
 - 1. Very willing for wives to attend
 - 2. Several sent interesting comments each week.
 - F. Equipment used
 - 1. Improvised as much as possible
 - 2. Pans

- a. Mixing
- b. Baking
- c. Cooking
- d. Graters
- e. Measuring cups and spoons

G. Plan used in conducting

- 1. Discussion
- 2. Work shop method
- 3. Individual participation
- 4. Read recipes
- 5. Carry over
 - a. Tie up with preceding lesson
- 6. Serving foods
 - a. Best possible form
- 7. Comparing finished product

H. Principles developed

- 1. The reading and understanding the recipes
 - a. Ingredients listed as to be used in recipe
 - b. Check the terminology, know the meaning of all words
 - c. Notice where the cook book or recipe was published as altitude affects cooking
- 2. Measurements
 - a. Failure or success depends on accuracy
 - b. Need for definite guides
 - c. Standard
 - d. Improvised
 - e. Approximate equivalents
 - (1) 3 teaspoons equals 1 tablespoon
 - (2) 16 tablespoons equals 1 cup
 - f. Size of cans
 - (1) No. 1 can --- 1 cup
 - (2) No. 2 can --- 2 cups
 - (3) No. 3 can --- $3\frac{1}{2}$ cups
 - (4) No. 10 can --- 13 cups
- 3. Explanation of terms
 - a. stir
 - b. beat
 - c. fold
 - d. cream

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