

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
HANOVER COUNTY
VIRGINIA

1944

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County Home Demonstration Agent

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III. Scope of work

A. Home Demonstration Clubs

Number----6

Membership---253

Other groups sponsored by Home demonstration Clubs:

White---43

Membership---110

Negro---0

Membership---0

B. 4-H clubs

Number----9

Membership---185

D. Number reached through special classes taught by agent---0

E. Number families reached through neighborhood and community leaders:

855

F. Estimate total number families reached.....2300

Number farm families in county.... ..2400

IV. Organization

Hanover county should be highly developed agricultural county due to the number of agricultural agencies. The county, population around 18,500, has two agricultural teachers, prior to this was had five, six home economics teachers, soil conservation specialist, farm and home management supervisor for Farm Security, an AAA representative, a farm demonstration agent, a Negro home agent and white home agent. All these agencies are very active in carrying out programs in the county.

Due to the continued rationing of tires and gasoline, it is necessary to do more home visiting in order to get information to the people.

Food rationing has made people food conscious and more conservation of food is being done than ever before, so that none will be wasted. For a time gardens were practically a failure. Later, there was such an abundance of vegetables and fruits that everyone was working overtime to conserve everything that they possibly could.

As Hanover county lies near at hand to industries of various types, a lot of land lies idle due to this fact, also lack of labor. In many cases the women have gone out in the fields in order to help overcome the man labor shortage.

A. County Home Demonstration Committee:-

This committee is composed of home demonstration club presidents (newly elected and in office) of the clubs of the county; also interested persons from all sections of the county. These women know their communities and their needs. There are thirty-five in all.

This group is an advisory group to both the home demonstration clubs and the home agent.

It had two meetings during the year, attended by thirty-five women, an average of five clubs represented at each meeting.

There is an executive board which meets prior to the committee and makes such recommendations they see necessary to bring to the attention of committee, they determine needs of the county, and make suggestions for the county goal. This board is composed of the chairman of the home demonstration committee, the county federation goal chairman, secretary and treasurer of committee, the representative to the state federation meeting and the home agent.

Recommendations of the executive board as presented to the home demonstration committee:-

1. Leaders conduct four meetings during the year. Set definite time so the leaders will know when.
2. Agent be released during the month of May so as to study the county situation.
3. Have report sent in by leaders when they give demonstrations--read this at the next meeting of leaders. Agent report to club where she was on that day.
4. Devote one month during the year to health.

5. Leave one month open to the clubs choice, usually the month of August.
6. Use card to report to agent, what she does outside of club, and number of families she reaches.
7. Recommended suggestions for the county goal for the year.

At the home demonstration committee meeting program for the year is set up but each club has the privilege to adjust it to their own individual club needs. The county federation goal is chosen by this committee from suggestions given by executive board. Federation goal chairman for the county is selected. Each club is to have a chairman too and rather than have month set aside for the goal will set aside a few minutes each month for information concerning the goal.

The committee meeting is an opportunity for the training of leaders. Club presidents are helped each month as they receive a letter reminding them of any business or other information on program of work that the county people should know about. This helps the president when presiding, as she has definite information to pass on.

By having this committee meeting, women in the unorganized communities are able to keep up with the county program of the year and know and offer suggestions concerning their particular group.

B. County Agricultural Board

This board has been functioning since 1937, however no women were on the board until it was reorganized in March 1942.

The agricultural board has had but one meeting this year, due to the difficulty in travel and lack of time.

At this meeting discussed the frozen food locker to be near Mechanicsville.

Had discussion of labor situation. Urged members of the Board to acquaint farmers and their families with services available in the county and emphasize that they take advantage of available sources.

The women members of the board have taken an active part in the various programs of the county.

A resolution was also drawn up at this meeting promoting membership in recognized national farm membership organizations.

Plan to have regular meetings from now on. The county is composed of six communities and ninety neighborhoods, each community has a chairman and a co-chairman making a total of twelve--six men and six women. There are one hundred and sixteen neighborhood leaders--fifty-nine men and fifty-seven women.

The negro home agent will report on the work done with the negro in her narrative report.

D. Professional-workers' conference

(2) Agencies represented in the Professional workers' conference of Hanover county are as follows:-

1. Home economics teachers
2. Agricultural teachers
3. Soil conservation specialist
4. Farm and home management supervisor
5. Negro agricultural and home economics teachers
6. Superintendent of Public schools
7. Representative of county health department
8. Superintendent public welfare
9. Negro school supervisor
10. Farm agent
11. Home agent--white and negro
12. chairman of home demonstration committee

The Farm agent is the chairman of this group. To date only two meetings have been held in Hanover, and none in 1944.

The members of this group were invited to a meeting on storage of foods conducted by specialist from Blacksburg.

V. Leadership

A. Adult work--types of leaders:

a. These war times have been difficult times for the officers with so many obstacles--yet, none have dropped by the wayside.

The presidents during the past year have done a splendid job under the circumstances in keeping their clubs on their feet.

Had two meetings of the home demonstration committee to which all presidents are members.

There were two club presidents in the county who only missed one meeting during the year.

b. Hanover Home Demonstration clubs have 26 project leaders, clothing, food, poultry and garden. There were eight leaders training meetings held for these leaders with an attendance of 91, with an average of four clubs present at each meeting.

Due to the gasoline and tire rationing and labor shortage, many of the leaders were not able to attend. However they have done a splendid piece of work. When leaders were unable to attend, the agent trained the leaders so that the leaders were able to conduct the meetings as scheduled in the year's program. They conducted eleven (11) meetings in all with an attendance of 254.

Subjects on which the leaders conducted meetings were:

- (1) Variations of yeast breads--tricky lunch breads
- (2) Preparing canned and dried foods
- (3) Conservation of time and energy in kitchen and laundry work
- (4) Freshening up the home

Subjects with which the leaders helped with were:

- (1) Clothing construction --styles and patterns
- (2) Conservation of Foods--canning and drying
- (3) Remodeling and care of furniture(trying springs)

At each monthly meeting the poultry and garden leaders gave timely hints as suggested by specialists.

c. There was a federation goal chairman in each club. They gave reports at four meetings during the year on timely hints. Improvements and repairs were made when possible as shown from the questionnaire that was sent out to each club member, some of the improvements were papering, painting, and providing adequate storage space.

e. The community and neighborhood leaders number 128 in all. There are 12 community chairman, 6 men and 6 women, then there are 116 neighborhood leaders, 59 men and 57 women.

A large number of these women are or have been members of home demonstration clubs and in some cases have held office. Some are quite active and have done a good piece of work under the Agricultural Board. Helpful information has been obtained from them by the agent and they have been most helpful in passing information on to their neighbors.

One meeting of the Agricultural board was held with 15 men and women attending.

An outstanding accomplishment of a leader was the giving of a laundry demonstration for the club leaders in the county. A specialist was present during the demonstration and gave points of interest.

Others gave demonstrations on cheese, furniture(trying springs) and ways of freshening up the home, and others helped with gardening and poultry.

The estimated number of days given by these leaders in the county are five hundred and seventy(570).

These leaders have also been called on to help in various drives through-

out the year such as sale of bonds, red cross, blood donors, war fund and salvage campaign. Each asked to send in a monthly report on amount of the salvage collected in their communities and neighborhoods.

The agent has been able to keep in contact with them through home visits, telephone, office calls, and by sending them letters on timely information to be given out to their neighbors.

B. 4-H club work

There are three types of adult 4-H leaders and two types of junior leaders.

A. Adult leaders

a. Organization leaders

We have this type of leader combined with the project leaders.

There are four of the leaders in clubs. These leaders have organized and carried on meetings of various clubs. Five such meetings were held by these leaders during the year, with an attendance of 78.

b. Project leaders

These combined with organization leaders are doing a good job. The project leaders have devoted much time to the conservation of food by helping various members, as well as with other problems that the members may have in connection with their different projects during the year.

c. Sponsor leaders

There are two clubs that have women who act as sponsors of the clubs. They are active and interested in club work and often help them greatly.

B. Junior Leaders

Have the two types:

a. Club officers

Each of the nine clubs have girls as its officers, making a total of 35 girls holding some type of office.

This enables the girls to learn parliamentary procedure and way she should conduct herself at a meeting; this leadership is developed.

There is not a county council which works a hardship on all concerned. Few of the members even know others outside their own little club.

b. Project leaders

Some of the older girls act as leaders in club and also hold office. This is true in three of the clubs. At various times during the year these leaders are given special information concerning projects, then when problems arise the different members can go to them. At meetings they also give demonstrations of various subjects such as bread making.

c. Training and use of leaders

During the past year there has not been a definite training meeting held for either the adult or junior leaders of 4-H, however through home visits, personal contact through the office, meetings, correspondence and telephone the leaders have been given necessary information, and they in turn pass it on to the club members when necessary.

Definite plans and programs and goals are to be set up this year in each club.

VI. Results

A. Home Demonstration Clubs

1. Project work

a. Food

(1) Production

During the past year production has been stressed and all seem concerned with rationing and the demands our armed forces are making on the food so they will be well fed.

Each month the garden and poultry leaders of each club give a short report on things suggested. These leaders were trained at two meetings during the year, that were conducted by the specialists.

Neighborhood leaders also gave monthly report of the Leader's Digest with suggestions concerning production. Besides these leaders there are eight home makers who are poultry demonstrators of the county. These women are visited by specialist from time to time also monthly suggestions are mailed them to help carry on their program. Accurate records are kept by each one during the year, at the end of the year they are turned in and the flock is graded and scored. Improvements are suggested at various visits by specialists.

Demonstrations were held during first part of November on culling through the cooperation of the negro and white home agents and specialists.

Culling has proved a great benefit, as food is so scarce and expensive. A non-productive bird is of no real value unless you can put her in a can or on the market.

During January and February discussed importance of ordering seeds early but buy only what you need, also continued this discussion in later months when discussed vegetable gardening. Making plans of the amount needed for your family also the importance of having small fruits and perennial vegetables was discussed. Longer you put off planting small fruits the longer you will have to do without them was brought out.

Due to the drought the first gardens were mostly a failure, but the fall gardens came on and they had such yields that the women had trouble trying to conserve all the food. With a greater emphasis placed on nutrition this year the people realized the importance of producing all that they possibly could at home so as to have an adequate food supply the year around.

At a county meeting in January 1944 production goals of the county were discussed. Comments were made concerning the farmer's responsibility in winning the war, also discussed livestock and poultry goals. Reductions are necessary as there is a 12% cut in feed of the country, this reduction in milk and egg production.

Cheese making seems to be quite in demand from various sections--requests for directions have come from numerous persons, while some have asked for demonstrations. The women are beginning to realize that cheese is a good way to get milk into the diet, and it is often difficult to buy at times.

(2) Conservation

Turning back to the past few months, scarcely a day passed

that information of one kind or another wasn't given out concerning proper handling and procedure in food conservation. First part of the season was dull because of the drought and gardens failed, but the fall gardens gave forth abundantly. From all reports that have come in to us people have canned more, dried and stored more than ever before--allowing nothing to go to waste. According to the reports these are the figures:

Quarts of fruits canned--17,201

Quarts of vegetables canned--30,092

Quarts of meat and fish--6,305

Total of canned goods--53,598

Total gallons brined 1,021

Total pounds dried --3,010

Cured ----300 hogs

The month of June was month of the year that was set aside for conservation, discussion of problems, and questions and type either canning or drying they most interested in. In many communities persons in the club work were looked to as leaders and advisors by others in community when information was needed to help solve their problems.

Publicity through the county paper also is a means of getting information across to the people, not reached by other means.

Radio is another means of getting information across. Gave two talks on conservation "Food Waste ! Let's Stop It !" and the "1944 Canning Picture".

A storage meeting was held in September conducted by

specialist, gave very helpful information on the storage of root crops, as a result of information gotten from this meeting and given to the people of the county several have improved their storage places and also the method they use.

Also, information on importance of proper home storage was discussed during July monthly meeting, also the storage of food in the kitchen. People are realizing that proper storage is necessary to prevent spoilage of foods. One family in particular improved her basement facilities for food storage and another built an adequate outdoor basement for the storage of foods, of course there are many others but these are just two that are the most outstanding.

Meat conservation is another phase of foods that women are particularly interested in.

(3) Nutrition

The month of September was set aside nationally as the nutrition month. During the month at all meetings discussed importance of Proper nutrition and the Basic seven food group. Also wrote news articles for the paper and gave a radio talk on "Get the Good Breakfast Habit". In food demonstrations as in "Yeast breads and tricky lunch breads" and Preparing canned and dried foods, importance of nutrition was stressed.

b. Clothing

(4) Consumer Problems

(a) Buying

The importance of buying carefully was stressed and only those things absolutely essential. Importance of reading labels and know what you are getting when you buy. If have to buy, make a clothing plan for the year rather than seasonal buying.

(b) Care

Proper seasonal storage of woollens and cottons, care in laundering, importance of reading labels was to know how to care for garment. This was stressed at meetings during March and October. Find that proper storage places are being made available so that clothes will be stored properly when not in use.

There are a number of families that have improved their clothing storage spaces within the last year.

(c) War Production Regulation

During the month of March had "Clothing construction-- styles and patterns", at this time studied regulations that had been designed to save cloth. Showed by use of pictures the L-85 rules concerning skirts, coats, pockets, length of seat, fullness of shoulder and fullness of sleeve.

(d) Substitute fabrics

Stressed the importance of reading labels carefully-- ask questions of the clerks so as to know how to care for them and know what you are getting. The agent helped several women in the selection of fabrics for various garments.

(2) Conservation

(a) Woolen garments

In October, time was taken out to discuss woolen garments and conservation. Stressed the importance of making use of any materials we have, as they are of better quality than that on market today.

(1) Storage

Had no special demonstration. Urged the importance of having garments cleaned when storing and emphasized the importance of adequate storage.

(2) Laundering

No definite demonstration, but warned the women to know material before trying to launder it.

(3) Dry cleaning

No definite work done with this.

(b) Sewing machine clinics

This had been stressed in the past few years. However gave information to one person on sewing machine and the agent attended the clinic held in Henrico on sewing machine.

(3) Construction

(a) New garments

Through individual contact and home visits help was given to 12 women concerning construction of garments and type suitable.

Some of the new garments made were of feed bags for house dresses.

(b) Remodeling garments

Had remodeling clinic in each club. Remodeled and gave suggestions to some 65 women on garments which were not wearable as they were. Offered suggestions to some as to change and some suggested suitable materials needed to remodel the garment.

(c) Tailoring

Offered suggestions in tailoring 4 suits and 6 coats.

c. House

(1) House repair

(2) Home safety

During the month of May discussed "Ways of freshening up the home." Made suggestions of ways could repair house and the importance of keeping the home safe. From the reports returned a number of women painted, papered, made new curtains, or draperies, added new rugs to give a fresh look. Soap and water with plenty of elbow grease was one means that everyone used to freshen up the wood work. News articles on "put the paint to work" also on "Walls and woodwork," were written and published in the paper.

National farm safety week July 25-29 was announced in the paper and the Proclamation by the President. Used this as a means to call to the attention of the people the importance of safety in and around the home.

d. House furnishings

(1) Conservation

(a) Woolens (rugs, blankets, upholstery)

(1) cleaning and storage--when home storage was discussed, stressed the importance of having an adequate storage space for rugs and blankets.

(b) Furniture and furnishings

(1) Repair

(2) Care

In the month of September discussed the subject in the clubs. Urged the repair and putting back into use old furniture rather than buying new. Discussed the importance of repairing furnishings, mending, and also darning.

Gave a radio talk on "Victory Spring Cleaning" in which stressed that house cleaning need not be the bugbear it has long been regarded in most households. If work is carefully planned and the furnishings those that are easy to keep clean and if handled the right way and if provision is made for keeping all the dirt possible out of the house, no need for upheavals that result in discomfort.

(c) Furniture Clinics

(1) Chair seating

At an all day meeting had a chair in which we put a cane seat. The women have shown a great interest in furniture but supplies to work with are difficult to get.

(2) Refinishing

Ladies have done this in previous years so no definite instructions have been given on this.

(3) Upholstering and tying springs

Had this for subject of discussion in all the clubs

during September. After discussion actually showed members by using pieces of furniture they had brought to the demonstration. Had two all day meetings--worked on a davenport at one and at the other had an upholstered chair, pillow with springs, and chair with cane seat. From all reports the tying of the springs has put many of old pieces of furniture back into working order and into a useable condition. At one meeting particular we did not have a piece of furniture--hostess said there is an old chair up in the storage room that isn't any good would you want to use that? It was brought down all the old upholstery was taken off and the springs taken out, the job of tying the springs was started, during the two months meetings we completed all the steps in upholstering a chair, and to the amazement of all the chair was actually ready to sit in again.

(2) Construction

(a) Furniture --only instructions given was that if a piece of furniture had to be bought today, notice the construction carefully.

(b) Slip covers

Use of slip covers urged not only to save furniture you have but to freshen up and brighten up the room.

(c) Curtains, draperies and shades

Discussed these under the demonstration "Ways of Freshening up the home".

(d) Storage spaces (other than kitchen)

Importance of storage was discussed during July.. Specially stressed that spaces be located conveniently, one suggestion that was offered was that of turning the extra space under the stairways into a closet space. Urged storage space for house cleaning supplies and equipment.

(e) Other

(1) Lamp shades

One group showed particular interest in this, so during one month we renovated old shades and also made new ones.

Interest in such a demonstration arose from the inability to buy new ones with a metal frame at that time. Various suggestions were given by agent as to type materials, various ways to make them can be used.

e. Home Management

(1) Household equipment

Stressed the importance of conserving what we have--especially talked of during the month of May when had for subject "Days of Freshening up the home."

(2) Kitchen Arrangement

Had a leaders meeting discussing the importance of kitchen arrangement, this was then discussed and illustrated by leaders at the April club meetings. From the reports several of the ladies changed the kitchen so it would be more convenient or added more working surface.

(3) Storage (kitchen and laundry)

Storage demonstration was conducted during the month of July at the club meetings. Discussed importance of having proper storage for food in the kitchen. During demonstration on laundry, discussed the importance of having all laundry equipment and supplies conveniently stored.

(4) Home Accounts

No home accounts are kept except those of the home and farm unit demonstrators.

(5) Home and farm unit demonstrations.

Have two such families of the county.

The one family is that of Mr. and Mrs. J. B. Noel of Hyles.

The family is composed of a boy and a girl and the two adults at the present. Their home is composed of six rooms and a large basement and one hallway, the rooms down stairs are kitchen, dining room, living room and bedroom and hallway, up stairs are two bedrooms. The house is a frame building. The large basement is used for storage space for the many cans that are filled and also used for a laundry room.

The farm is composed of one hundred and four acres. Thirty acres of crop land on which is raised tobacco, small grains, corn, hay, and soybeans.

As for livestock on the farm they have horses, mules, pigs, cows, and poultry.

In general the farm is managed and run very well. They are located fifteen miles from Richmond and one half mile from the nearest country store, however most of the buying is done in Richmond or through a mail order house.

The farm is run by the father and the oldest son, the younger son was in the army but has a medical discharge and is now learning a trade connected with radio work.

Occasionally during the rush season, trading of labor is done.

The girl attends the high school.

Mrs. Noel is active in the Parent teachers association meetings and the church as well as Mr. Noel. She is also active in home demonstration club, is a Neighborhood leader, and does Red Cross work and is one of the faithful blood donors.

Plans for 1944 were:

- (1) Make cheese that the family would use.

- (2) Make canning plan—conserve supply of food that would give the family an adequate diet.
- (3) Do more construction of clothes at home for Mrs. Noel and her daughter.
- (4) Have an adequate garden if possible.
- (5) Have the farm as productive as possible.
- (6) Put as much money aside for bonds as possible to be used later in having water put into the house.

What food she buys she does so by selling her eggs and milk and is saving money for improvements later.

Her record book is very good and kept up to date. Average amount spent for food this year, 1944, was \$3.52 a month.

She has a nice flock of poultry, about 100, and keeps splendid records.

Not only does she take an active part in all community activities but she is a club project leader also. As this she has proved herself as an outstanding leader.

Under the State Home management specialist she made a study of her laundry practices which were a basis for a laundry demonstration that was held in Hanover for the club leaders in the presence of a specialist.

Through such demonstrations great benefit can be derived not only by the family but the Extension Division which work with them, and neighbors benefit, also familiarizes the agent with the conditions that the farm people have to contend with.

In 1943 a second farm and home unit demonstration was started by Mr. and Mrs. Bryan Wickham of Beaverdam, Virginia.

There are two adults and three children, boy sixteen, boy thirteen and a girl nine.

They have one hundred and ninety acres of land of which forty-two are

cropland on which they raise tobacco, corn, hay, soybeans, and small grains.

The farm is located eight miles from Beaverdam in the rural section of the western part of the county.

Most of the buying is done in either Montpelier or Ashland.

On their farm they have cows, horses and pigs.

The house is composed of six rooms, a kitchen, dining room and a living room combined and four bedrooms. Hope to add another room as soon as possible so as to have a separate living room.

The father and the two sons do most of the farming except during rush season when labor is traded with the neighbors.

The children attend the local high school.

Plans for 1944 were:-

- (1) To keep an accurate account of all money spent for food and clothing for the entire family.
- (2) To raise the back of the kitchen cabinet so as to have more working space.
- (3) To get an outside woodbox
- (4) Improve storage facilities for canned goods by having an outside basement.
- (5) Paint and paper dining room and hall way up stairs and down.
- (6) Construct another room so as to have a living room for the family.
- (7) Get a washing machine
- (8) Have small fruits
- (9) Buy a pressure cooker

She has done a splendid job of keeping records. But as the case is with new demonstrators, we must work slowly with suggestions, although she is active, intelligent, and eager to do.

The garden is very well planned to meet the family needs, having a variety of vegetables. She made a canning plan and according to her report she canned 700 cans of vegetables and fruits and meats. She was able to conserve and store large quantities of foods since the construction of an outdoor storage basement.

Although she does not have a pressure cooker as yet she hopes to have one soon.

Poultry is looked after by the elder son who takes agriculture at school. He is helped by the other son and in addition to the family flock they have a flock of their own. The family flock of about 150 fowls.

Most of the eggs are sold at a local store.

During the past spring the hallway and stairway was papered and painted by Mrs. Wickham herself, the dining room also was painted and papered with the help of another person.

(6) Time and energy management.

In April there was a demonstration on the conservation of time and energy in the kitchen. Suggestions also given for time and energy saving in laundering.

These points were brought out by the leaders, they had been trained at a training meeting by the specialist who gave definite time and energy saving suggestions.

As a result several realized the importance of having equipment of the correct height so as to save their energy. As home visits have been made since the demonstration have found that quite a number have put suggestions to work.

Another is the one of locating all equipment that is to be used at one time in the same place or as close together as possible, this saves time and energy as the ladies have found out. Another suggestions having a place for everything and everything in its place has also helped the women a lot.

A radio talk was given and in that stressed the importance of short cuts and time and energy savers.

(7) Business facts for home makers

Women are becoming better acquainted with the business part of the family than ever before not only because so many of the women are working themselves thus the family has more money—but they are also having all the money and so often the head of the family as the man has joined the forces. They realize the

importance of knowing business facts so as to get the most for their money regardless what it might be.

(8) Home laundry

A radio talk was given on "An Easy Rout to the Clothesline".

A neighborhood leader, also a farm and home unit demonstrator and a club project leader gave a demonstration to a leaders training meeting group held in her home. Specialist was present and brought out points that should and should not be done, and ways of saving time and energy. Laundry was topic for clubs meetings during the month of April.

f. Consumer Problems

(1) Foods--At each of the monthly meetings of the clubs, information was given concerning rationing and suggestions were given that they buy only what they had to along the food line.

(2) Clothing--Demonstrations were given on clothing construction "Styles and patterns, Importance of making what we have do for the duration was stressed.

(3) House furnishings and equipment --during the month of September tyed springs in various types of furniture, fixed over cushions, davenport, chairs with springs and put cane in chairs. Urged that they know what they were buying if they had to buy equipment now.

(4) General household supplies.--suggestions concerning these were brought out during the discussion of kitchen and laundry work and home storage.

g. Markets

No work has been done with markets. However a number of women have their regular customers in Ashland to whom they sell, on several occasions have stressed the importance of making use of local markets rather than ones outside of the state so as to raise the price and standard of the produce here at home.

2. Home Demonstration Club Activities

a. Federation Goal

Goal for the year was housing with the demonstration of

"Freshening up the Home and during the furniture clinic stressed importance of keeping things repaired and not only in the home but outside. Each member was asked to do one thing in her home to make the home safer. One of the biggest things that has helped is the Paper Drives, this has enabled the homes to get rid of all extra papers that have been stored away and thus are a good fire trap. A report was sent in by the county chairman.

Stressed importance of arranging the house for wartime living, if necessary close rooms that are not absolutely necessary, put everything away that does not have a definite purpose, then have a place for everything and everything in its place.

In our study found that a good house is the source of strength for the family especially essential during war time as national strength begins in the home and home provides a place for the training of the individual to make sacrifices, work with others, and contribute to the welfare of the nation. Used the old saying, "as goes the home, so goes the nation."

c. Other Special Activities

(1) Library

Hanover county has a very up to date library, but the books are not used as they should be. The Home Demonstration Clubs have been loaned books--two such loans in private homes. Books are held in the community for certain length of time than they are collected and taken to another group or returned.

(2) Other Activities

The home demonstration clubs members have taken an active part in work with the red cross, salvage collection, (tin, paper, rubber, fats, and rags) the sale of bonds and stamps, writing letters to ones in service regularly, canvassing for the war fund drive, some members are blood donors, clubs have sent snakes to the wounded program that is broadcast over the radio. Members of the club also gave contributions to the Ambulance fund.

3. Brief account of year's work of an outstanding club

The Dowell club seems to be the most outstanding club of the county.

The president of the club attended eleven of the twelve meetings. The leaders of the club were responsible for four of the meetings and they gave those demonstrations.

Had an all day meeting for furniture clinic, at this time had large attendance and great interest was shown in this work, as all were interested in putting back into use those pieces of furniture they thought could be repaired.

This club had an outstanding poultry and garden leader, and both the garden and poultry leader training meeting were attended.

The club took an active part in the community affairs, such as the sale of bonds, doing red cross work, salvage and war fund drive.

Members in this club have put to use more of the information gotten from the demonstrations than any other group.

Conservation of food has been greater than ever before taking into consideration the fact that the first gardens were a failure.

Two of the members especially used the information concerning storage, one constructed a wood box with a working surface top and another built in two closets, rather than one in the bedroom. These were built one on either side of a window, then the work was painted and walls were also. These were definitely built as a result of the demonstration of proper storage spaces.

Several used the information of freshening up the home, such as curtains, paper and paint, then too just plain soap and water is good.

While many of the women do their own laundry, they were interested in some of the suggestions given, but the one of most interest was the one that you should have your equipment of the correct height. Several have raised tables and washing equipment when possible.

The members have been corresponding regularly with the ones in service, especially if they know that they do not receive very much mail.

The club president is a wide awake person and she takes an active part in

all activities of community and county interest and thus encourages the members to do likewise.

All the members have passed on information to countless others.

4. Home demonstration member who has adjusted to war conditions

Mrs. C. R. Beasley, president of the Negrofoot club is the most outstanding in estimation of the agent. She has used more information gotten from the club meetings and not only used it but has passed on information of various subjects to others in the community.

During the summer as help could not be found, she went out into the fields to help with the harvesting of crops. She and her young son and a neighbor traded about and got their work done. Her husband had a regular job in Richmond.

She has canned over 500 cans of fruit and vegetables besides this she has taken an active part in red cross work, war fund drive, sale of bonds and stamps salvage collection, and sponsored drive in her group for smokes for the wounded, soldiers, (radio program) and she writes regularly to ones in service.

Due to the gas and tire shortage while canvassing for the various drives, she rode a mile so as to be able to see more people.

This summer she painted her back porch. All this besides keeping house and cooking for two children, a boy and a girl, husband and a lady in the house, she does her own laundering and ironing. Yet she always has time to visit with you and talk things over and she always has a smile on her face.

Homemakers like these are the ones who really are putting into practise what they have gotten from the club and at the same time are community minded in leadership, thus giving demonstration work a place in her community.

B. Agricultural Board

The women are kept in touch with by sending them letters, telling them of the program that is being carried on and any other information that the women should know.

Each community leader is asked to send in monthly report on amount of salvage

turned in in their community that month.

Each leader was also asked to send in names of all girls in their community of 4-H club age.

By keeping in contact with these leaders definite results can be seen. Often group demonstrations are held due to the influence of these leaders. They are becoming recognized as leaders in their communities to which people can turn for information regarding their community.

C. 4-H work

1 Project work

a. Bread--this proved to be the most popular of all the food projects. More were enrolled in this than any other of the projects, had 106 taking it but only 65 completed it. The younger ones were the ones most particularly interested, in learning about the different types of bread. Quite a number of the group plan to continue with this work next year. Had a demonstration at each of the clubs of proper methods to use in bread making, especially biscuits. Four of these were put on by older club members, three by leaders and two by the agent. Had members bring samples at certain times, then the club members would score each sample according to the standard score card, after a discussion was held on the various types of bread.

b. Clothing--make and remake--had 22 included in clothing project. Most of the garment the girls made were from feed bags. One little girl made seven different articles from feed bags. She was just learning to sew. At one meeting we discussed styles and patterns suitable for the different individuals. Discussed possibility of re-making garments from old garments and gave suggestions that would make the garments appear to be new.

c. Home storage--no one took this as a project, but we discussed this at a meeting. Importance of having an adequate storage space not only for food but for our clothes.

d. Home laundry--fourteen girls were interested in this particularly because they were already had to do it all or help with it at home already.

At one monthly meeting discussed ways of saving time and energy--one point was that of having all equipment at the right height.

e. Poultry--had nine that had egg production. Only one kept a complete record of this. Chick project was carried by 16--ones that were already working with the chicks. They wanted to do better the things they are already doing. Visited all the flocks at least twice during the year. Stressed culling the fowls especially since feed is so high.

f. Gardening--had 83 who were interested in gardening. At monthly meetings during the year stressed importance of buying seeds early but only what you need. Each member made a canning plan and helped figure out how much they should plant. Encouraged planting of one new vegetable and not to fill up the garden space with vegetables that would not be eaten. Visited all these gardens at least once during the productive season. The first gardens were practically a failure because of dry weather.

i. Housekeeping. Had 19 girls interested and that carried this. They were the ones who had to care for their room all ready. Room arrangement was of particular interest. In one club we had an all day meeting with a picnic lunch. At this meeting each member present made a foot stool, padded and covered boards with the material she had brought. Boards, nails, were all furnished by the club. Each girl that cared for her room made some thing during the year to dress up her room, some made curtains, other bedspreads, some covered or made a dressing table.

j. Stop food waste--had 48 enrolled in this. This seemed to be of particular interest since we had been hearing so much about food waste and how important that it was not to waste anything. At one meeting during the year discussed importance of having proper storage space for food. This was necessary in order not to have food waste. Stressed another point that of keeping left overs in a cool place. At different times during the year recipes were given for the use of leftovers for the girls to try out and they found that some of them were quite good and liked them very much.

k. canning--41 took this as a project. Only one completed and she was one of the youngest girls in club work and it was her first year as a member. She canned along 35 quarts of tomatoes, 20 quarts of beets and 15 quarts of peaches, than too she helped with the family canning, also helped with the drying and storing of vegetables and potatoes.

Each member worked out a canning plan. Also discussed canning at a meeting and many questions were asked by members. Brought out the point should have everything thoroughly clean and also the importance of canning "freshness" was brought out and that you should not spend over two hours from the garden to the can. Small fruits--no one took this, however, we discussed this one month and suggested girls do something about this, if they do not have any at home all ready, because the longer they put off planting them the longer they will have to do without them.

2. Health--this was tied in with proper nutrition--especially during the month of September when gave each member a check sheet to see how they scored daily. Also at one meeting discussed the "Importance of Good Breakfast", and we talked at one meeting about the importance of eating a good lunch.

3. Community activities of the club especially related to war activities

The girls in the various clubs have been helping with the salvage, paper, tin, rubber, metal, rags, also have helped to sell and they are buying stamps and bonds. Besides this they have been helping to raise, conserve and store all food possible so that none would be wasted. Due to the shortage of help several of the girls helped doing jobs out in the fields.

4. Brief account of work of one club

From all reports, the accomplishments of the Independence club, are the most outstanding of all the clubs in the county. Mrs. Willard Coates, is the leader and the enrollment of the club is 10. She has been their leader for seven years. During the past year she has guided them in the selection of seeds, insect control, and canning problems. In one case she canned sixty-quarts in her

pressure cooker for two of the club members who brought them to her all ready prepared.

Wartime activities of the club have assisted with the collecting of paper, fats, tin, rubber and rags. Food production and conservation have been the main accomplishments as they have assisted in planting, cultivating, and canning of some 3,164 cans in their homes during the past season.

The ten members during the year have purchased \$467.50 worth of stamps and bonds.

E. Other work done by the home demonstration agent

1. County home economics workers have not had a regular meetings during the year. They have been invited to meeting of various types that are of interest to them. Information also has been given to them through visits, office and phone calls, sending out literature and having conferences with them individually at various times during the year.

2. County nutrition committee --no definite work has been done by this committee but this committee and the red cross have gone under one chairmanship, and definite plans are being made to be carried out in the near future. September was national nutrition month and during this month nutrition was stressed and the basic seven food were discussed.

3. Office of Civilian defense gave out material that was sent out by the C.C. D. on several occasions.

4. Salvage committee--although agent was not on this committee everyone was urged to save waste paper and fat. Various times during the year at club meetings time was devoted to this in order that the members might know the seriousness and that all would help over come this great need. Tin can salvage was also stressed. Paper drives were the main ones sponsored by the county this year.

5. Rationing Board the latest rationing news was given at each monthly meeting at the various club meetings. Giving rural women this information had given them all a better understanding of the rationing setup.

6. War bond committee work with this committee has been important and the agent has kept in close contact with the woman's chairman so as to keep the women of the county informed as to how the county stands--also used some of the information sent out by the head of the women's division of the state.

8. Red cross women of the county have done a lot of this type of work this year, rolling bandages, making medial dressings, while others are knitting. There are three red cross rooms in Asheville. Others are blood donors.

9. Others.

(1) Radio gave six radio talks during the past year by the agent on timely subjects. Due to traveling difficulties, no women were presented on the program. However, women showed an interest in radio and information gotten from it. Encouraged them to listen to the farm and home programs regularly.

(2) Press the county is most fortunate in having such a splendid county paper and such a cooperative editor and staff. Each week a column headed Home Demonstration news is written by the agent. Carries stories and information on timely subjects. Have quite a number of readers from the requests that come in following certain subjects.

(3) Virginia Rural Electric Power Company--cooperation with the company as the rural people of some sections of the county are furnished electricity through them also have some pieces of electrical equipment.

(4) Negro Home agent--keep in touch with her and pass on information of interest to her and also dates of meetings of interest to her. We have conferences at least once a month on our work in general.

(5) State Nutrition Committee this committee and the red cross have been combined. Stressed the importance of nutrition in September.

(6) Welfare and Health Department--keep in touch with these as all are interested in the health and well being of the county. Discussed Dr. Garnett's rural sociology report of the county at each of the club meetings and gave to each member a fact sheet of the county which was compiled from this report. Also aided in the ambulance drive sponsored by the home demonstration women of the state

as well as with tuberculosis, cancer fund, and infantile paralysis fund.

(7) farm agent--cooperated with him in every way possible and we had conference at various times during the year concerning our work. Agent assisted in salvage drives by encouraging people to save their materials for the drives.

VII. Appraisal of most significant contribution to the county in meeting war time needs which was made by the home demonstration program this year.

During the year of 1944 in the Home Demonstration clubs program have especially stressed the importance of saving all time and energy. As every one has more to do than ever before and help can not be had at any price. All were especially interested in knowing any short cuts possible that are practical.

Since the agent works in educational line of work it is available for all women of the county, they have come to recognize and realize the importance and have been using the information that is available.

Food is the subject that could not be omitted at this time. Production and conservation was particularly stressed. As this is an educational program, the ways and hows of things are helping women to get a clearer view of things and part they are playing.

During the past year have tried to impress on the people that through conserving and using what they have on hand and by buying war bonds and stamps that they are definitely helping to win the war whether they think they are helping or not.

County Home Demonstration News

By MISS ANN McCLINTIC

Undeserved credit for the coloring of leaves at this time of year goes to Jack Frost. The Frosts experts explain that the change of coloring in the leaves of hardwood trees is simply their natural preparation for winter—a general slowing of the vital processes. The green color that has to do with feeding the tree fades and leaves become yellows and reds which are the leftover sugars or other residues in the leaf. Many trees turn color before the first frost.

The brightest colors come after a season of at least moderate rainfall like this year. Too wet or too dry a season cuts down the coloring. If the atmosphere is very moist, as in England, the colors are not vivid. If season is dry, the leaves dry up and turn brown rapidly.

Honors for the brightest color go to the sumac, next the maples but their color is not evenly bright, third place the dogwood. Other bright trees are oaks, sassafras, and sour gum.

In my travels over the county during the past week I have noticed these beautiful colors.

I visited Mrs. M. W. Davis, Peaks, she was busy getting her curtains all cleaned up for winter while the sun was shining. She was using a curtain stretcher. This is a time and energy saver, especially if we have to do our own work these days. Only objective may have a few pricked fingers the next day after putting curtains on the sharp tacks. But they will get well—just need a little time!

Mrs. Frank Harris is having a time with no help and trying to stay off her feet and rest for a few days so as to recover from a recent illness. Men have to be fed, especially when they are working as hard as they are these days.

Called on Mrs. John Turner and Mrs. Hattie Broadus but for some reason they found time to spend away from home—maybe for business or it could have been pleasure, who knows? Sorry to have missed you—maybe better luck next time.

Tuesday, the 17th, was a busy day—as all seem to be now. Had furniture clinic in Peaks neighborhood, demonstrated on a davenport of Mrs. George Smith's. All helped so we got along nicely tying springs.

Stopped by the Ashland Cannery, ladies in there were as busy as bees, canning pears mostly, especially Mrs. J. McG. Thompson. Ladies are finding out how much fun it is to talk while they work!

A workshop, for agents was held in Fredericksburg, Wednesday 18, on writing of news articles, radio script and publicity in general was discussed with Mr. R. D. Michael, Editor, Blacksburg, V. P. I.

We managed to get a portion of the hurricane that swept up the coast—at least we had plenty of rain and wind.

The radio is a means of contacting many people. Thursday over WMBG I gave a radio talk "GET THE GOOD BREAKFAST HABIT." A good breakfast is essential as the larger part of people are engaged in war production, which calls for large amounts of energy. Going without an adequate breakfast is a bad habit that a little effort will break. If we settle on a cup of coffee and try to do half days work on it, then eat too heavily at luncheon we feel too groggy to turn out a good afternoons work.

Thursday afternoon was spent with ladies of Beaverdam at school house, discussing and re-tieing springs in an upholstered chair. A section of Miss Hazel Wilhoite's Home Economics class spent a short time with us—hope they can see the finished chair some day.

The County Agriculture Board was called to order by Dr. C. E. Myers, Studley, Friday afternoon. Had a very interesting meeting—due to weather only a portion of the county was represented. B. L. Hummel, Rural Organization Extension Specialist, gave us helpful pointers.

Saturday seems to end the week—so that time was spent in office catching up with office work in general.

COOPERATIVE EXTENSION WORK
in
AGRICULTURE AND HOME ECONOMICS
State of Virginia

Dear Club Member:

During the past several months there have been talks and demonstrations on various subjects.

Below is a list that I would like for you to look over carefully and then fill in answers to as many of the questions as possible. Return the sheet to me in the enclosed envelope, no postage necessary, as soon as possible. Thank you.

Sincerely,

Ann McGlantic
Miss Ann McGlantic
Home Demonstration Agent

CHECK LIST

I. Yeast Breads:

Did you try any of the "tricky" yeast breads suggestions that were given? _____
Have you used soy bean flour? _____

II. Preparation of Canned and Dehydrated Foods:

Did you try any of the recipes that were given on the sheet? _____ Any
shown by the leaders at the meetings? _____

III. Gardening:

1. Have you planted any small fruits? _____
2. Did you get any help from the talk on small fruits? _____
3. Was your garden planned so as to get the most from it the year around? _____
4. Did you try at least one new vegetable? _____
5. Were the vegetables satisfactory? _____
6. Are you using all vegetables in your garden, or would you change the list next year? _____

IV. Clothing:

1. Were any suggestions gotten from illustrations or talking that were used in constructing clothing? _____
2. Have you remodeled any of your clothes? _____
3. Do you take special care of woolens and other winter clothes? _____

V. Laundry:

1. Were any suggestions given that you use now that can save you time and energy in your washing? _____

VI. Freshen Up The Home:

1. What have you used to freshen up your home? _____
2. Do you know about mixing your own paints to get the desired shade? _____

VII. What monthly hints were given by the poultry leaders that proved helpful? _____

The garden leader? _____

VIII. Laying flocks should be culled at least once during summer or early fall, were yours? _____

IX. Conservation of Foods:

Did you make a canning plant? _____

Information that is necessary for my yearly report that I would like for each of you to give me:

	FRUITS	VEGETABLES	MEAT OR FISH
No. qts. canned			
Gallons brined			
Pounds dried (after drying)			
Pounds cured (before cured)			
Pounds stored			
Pounds frozen (in locker plants or home units)			

X. Storage Places:

Is your storage for food adequate? _____
Have you made any improvements? _____
Is your closet place adequate? _____

XI. Housing (county goal this year)

What improvements have you made? _____

XII. Do you think the information on the tying of swings was helpful? _____

COOPERATIVE EXTENSION WORK
in
AGRICULTURE AND HOME ECONOMICS
State of Virginia

Va. Agric. & Mechanical
College & Polytechnic
Institute & U. S. Dept.
Of Agric., Cooperating

Extension Service
Ashland, Virginia
January 3, 1944

To Parents of 4-H Girls:

We want you to know about the plans we have for the 4-H Girls' Club work for this year. More than ever before 4-H work is planned to help your daughter take her share of the home and farm work in producing and saving food and clothing and in caring for equipment. We talked about this at club meeting and gave her a list of all the 4-H Victory Projects from which she is to choose one or more to carry throughout the coming year. You can help her by talking over these projects with her. She should select those that will be of most help to you and her.

Possibly she will take one that will teach her better ways of doing jobs she is already doing. Or she may take something different which she needs to know more about and which would help to relieve you of more of the home work.

You have signed her enrollment card and I have discussed the project with her.

Definite instructions for carrying on their club work will be given all members. We will appreciate your interest and suggestions in helping us to make 4-H Club work mean more to your daughter and to your home. No 4-H project can be successful without the interest and cooperation of the member's family in helping her carry it through.

I hope to be able to visit each member in her home sometime during the year, so will be looking forward to seeing you then.

Sincerely

Ann E. McClintock

County Home Demonstration Agent