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# VIRGINIA

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

LANCASTER COUNTY  
1950

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CONTRIBUTIONS OF THE 1950 PROGRAM  
TO BETTER FAMILY LIVING

The program of 1950 was designed to contribute to better family living through better health and through better homes. The home interior improvement program emphasized comfortable, well arranged homes, and improved home environment upon which successful family living is based. The health program emphasized improved sanitary habits in the home; thus, providing a healthy environment, one upon which better family living must thrive.

The interior home improvement program highlighted the greatest portion of the year's work. This program emphasized picture arrangement, making slip covers, making electric lamps from odd bottles, jugs and old oil lamps, making and remodeling lampshades, refinishing living room accessories such as arms and legs of upholstered chairs, end tables and bookcases, refinishing floors, selecting coverings, planning rugs, and making hooked and braided rugs.

As a result of this program, 130 families received general information on interior decorating and refinishing furniture. Information was received through demonstrations and discussions by leaders and the agent. Bulletins and pamphlets were also used as a means of informing families on how to establish comfortable rooms. Through this phase of improved home interiors, we realized an important step towards our long time goal -- creating a desire among families to improve their present living conditions.

As a carry over from the 1949 kitchen improvement program eight families have remodeled their kitchens to now include spacious work surfaces, refrigerators, sinks, gas stoves, gas and wood combinations, wall and floor cabinets.

The clothing program high lighted the second largest portion of the year's work. One hundred twenty families received information on selecting suitable patterns, selecting suitable materials, adjusting patterns, cutting and fitting garments, and using different opening finishings in garment construction.

As a continuation of the 1949 food preservation project one hundred ten home demonstration club members received information on preserving vegetables and fruits by freezing and canning.

During National Home Demonstration Week two tours were attended by 25 leaders and club members to see kitchen improvements that were carried over into the year's improvement program from the 1949 program.

During a regular meeting of the Home Demonstration Committee, 25 leaders and club members received information through group demonstrations on preparing fruits and vegetables for freezing.

As a step towards the better health program each club contributed an essential article to a health kit that is to be used by needy persons. This is the first tangible contribution towards the community sanitation problem of insufficient sanitary facilities during illness.

The 4-H program contributed to better family living through its house-keeping project, its food preservation project, its breadmaking project, its garden project and its clothing project of looking your best.

With emphasis on the housekeeping project, leaders and 4-H members were informed on methods of housekeeping in an approved manner. As the result of retained information received on this project, 83 units were completed by 43 girls and 49 boys.

As a result of the garden project, 52 boys enrolled while 49 boys completed the project. The boys cultivated approximately 24½ acres of land to yield a portion of 49 families food supply.

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Fifty-four girls who completed the food preservation project canned 2,160 quarts of vegetables and fruits this year.

In the breadmaking project 69 girls received useful information on preparing varieties of breads, while 66 girls completed the project and prepared simple breads 2,442 times.

In the older youth group of fourteen young married people useful information on family living and child development problems have been retained.

To acquaint rural families with activities of the United Nations Organization, the agent discussed facts and functions to 110 home demonstration club members and 163 4-H club members. Work on the United Nations flags presented a tangible opportunity for families to contribute to further the education of the public on United Nations activities.

This year 12 leader training meetings were held for the adult program with seventy-four persons attending, while in 1949 11 meetings were held with 56 attending. Eight 4-H club leader training meetings were held with 21 leaders attending.

As a means of further acquainting communities with extension work, assistance was given to other organizations. Community activities such as achievement days, fairs, and picnics have been influential in informing more non-farmers and farmers on extension work.

Consequently, through these different phases of work, we have realized some returns toward the long time goal of better health through better homes.

ADULT  
PROJECT WORK

Home Improvement

Objectives of this year's interior home improvement program were to construct a situation that will guide families into seeing a need for

improving the accessories of their living rooms; to encourage homemakers to convert drab-looking rooms into new looking comfortable rooms economically; to give fundamentals involved in making slip covers for occasional and club chairs as a means of protecting upholstery and as a means of adding to color schemes; to give fundamentals involved in remodeling old oil lamps, odd jugs and vases into beautiful electric lamps; to remodel or to make lamp shades blend or contrast with other accessories; to give fundamentals involved in making hooked rugs with rug yarn or strips of material on burlap finishes; to give fundamentals in making braided scatter rugs for the living room; to give fundamentals involved in refinishing arms and legs of upholstered chairs, and tables, and bookends; to encourage transforming paint peeled floors into well finished floors; to give useful information on refinishing and caring for floors; to give assistance in selecting floor coverings; and to give fundamentals needed in distinguishing between types of floor coverings.

To accomplish these slip cover objectives, leaders were trained to measure occasional and club chairs, to estimate material, to make patterns, to cut and fit slip covers, and to finish plackets using slide fasteners or snap fasteners.

As a result of the slip cover project, 110 members received information on making slip covers. Every member assisted with or actually completed one type of slip cover. Three club chairs were covered while fifteen occasional chairs were covered. Two leaders gave demonstrations to two groups without the agent's assistance.

To accomplish the lampshade objectives, ten leaders attended a lamp shade clinic. Three ladies learned to cover different styles of lamp shades with wall paper, parchmented drawing paper, ribbon, rayon and gingham.

As a result of the clinic, ten shades were made. These leaders were successful in reaching 92 families with their information.

Sixty-eight club women received fundamentals involved in remodeling oil lamps into electric lamps, rewiring old lamps and making lamp shades from antique vases, candleholders and jugs.

To accomplish the refinishing furniture project, an all day leader training meeting was held at which time six chairs and a bookcase were refinished. These trained leaders and the agent were successful in reaching 90 families with first hand information on refinishing furniture. Bulletins and pamphlets were also used to inform families on refinishing furniture.

In order to attain the objective of selecting floor coverings and refinishing floors, twelve refinishing leaders were trained. Information was received through an exhibit of types of floor coverings while advantages and disadvantages were discussed. Refinishing floors were demonstrated. Pamphlets and bulletins bearing information on the same topic were also used.

These leaders and the agent were successful in reaching 92 families with helpful information on floor coverings and refinishing floors.

As a step towards accomplishing the making rugs project which was a special project, 58 persons received helpful information on threading the hooked needle and these ladies learned to make the hooked rug. Twenty-eight persons were taught to plan colors of braided rugs and to make braided rugs using stripped materials and old stockings.

During a special group meeting 35 persons received information on planning color schemes around pictures and other accessories of the living room. Pictures and floral arrangements were also discussed by the agent.

Pamphlets were used to further emphasize the demonstration.

During another special group meeting 10 members and non-members received information in an all day meeting on weaving occasional chair bottoms. Those attending the meeting learned to use hong-kong grass in weaving bottoms of one indian foot stool and two kitchen chairs.

As a carry over from the 1949 kitchen improvement and storage improvement projects, seven families remodeled kitchens to include sink and cabinets combinations, wall and floor cabinets, refrigerators, and gas or gas combinations while six families improved their storage space.

Seven persons received helpful information on planning kitchens and bathrooms while building their homes. Two of these persons are older youth club members, the other five are young home demonstration club members.

#### Clothing

Objectives of the clothing project were to create a need for work clothing to fit a particular chore; to teach methods of constructing work dresses; and to encourage more women to use commercial patterns for several other garments.

As a means of accomplishing these objectives seven leaders were trained to take body measurements correctly, to alter patterns, to place patterns on material correctly and to cut and fit garments. Information on seam finishes, snap fasteners and slide fasteners were also discussed. Through the efforts of these leaders and the agent, 132 families were reached. Bulletins and pamphlets were also used to inform club members.

#### Food Preservation

Objectives of the 1950 food preservation program were to further encourage year round gardens; to encourage preserving a variety of vegetables, and to give fundamentals needed to perfect home canning and home

freezing; to encourage the use of pressure cookers and home freezing units; to encourage using the community freezing locker; and to keep homemakers informed on the newest developments in home preservation methods.

As a means of accomplishing these objectives the agent discussed advantages of year round gardens and advantages of canning according to a canning budget. Although this project was a carry over from the 1949 program, many persons found that improvements could be made.

Seven food preservation leaders were trained in time and safety measures of canning fruits and vegetables and freezing fruits and vegetables. During demonstrations, bulletins, booklets and pamphlets were used to stress points to be remembered. Information on freezing and storing articles was received through booklets and pamphlets.

As a result of demonstrations held by leaders and the agent, 120 families were reached with information on preserving vegetables and fruits.

During a regular meeting of the home demonstration committee, 26 leaders, club members and non-club members received information through group demonstrations on preparing meats and fruits for freezing.

As further results of leaders efforts, 110 families received information on labeling and storing canned foods.

#### OTHER ACTIVITIES

##### National Home Demonstration Week Celebration

Twenty-five home demonstration club members toured two communities to see five kitchen improvements and two bathroom projects that were completed this year. All seven persons have modernized kitchens, six with running water while two of the six persons have completely furnished bathrooms. These accomplishments are to bring the program a little closer to one of the other long time objectives of water in the house.

Community and State

Twenty-six persons attended the annual State Farmers Conference this year at Virginia State College. These farm and non-farm ladies were greatly inspired by seeing and hearing improved methods of farming and homemaking. Demonstrations on improved methods of ironing and cleaning greatly impressed all of those who attended.

Two home demonstration program planning chairmen, a program chairman of older youth club and 4-H leader attended a recreational meeting at Virginia State College in April. The meeting afforded these ladies an opportunity to participate in different types of games for young and old; and the meeting afforded first hand information that was effectively worked into group recreational programs. Each representative was greatly assisted by this rural recreational meeting.

This county was represented at the District Home Demonstration Committee meeting on May 4, 1950 at the Industrial School for Girls in Hanover County. These four county home demonstration committee members were given an opportunity to work on the problems from their respective counties. In this way homemakers may now see the effects of combined cooperation in solving major rural problems.

The Brookneal Fair of this county attracted many persons. Approximately 220 entries were made by home demonstration club members, 4-H'ers and non-club members. A total of \$108.50 was won on canning and clothing exhibits. This is a three county fair reopening for the first time in ten years.

A combined meeting and lawn picnic was held during July. During the occasion Mr. Dudley, agricultural teacher spoke on "Combined Work and Play for Adults." Mr. C. Thurston, high school principal, and Mrs. Dudley were among other visitors. The games played during the affair

were learned during the recent district recreational meeting.

#### 4-H CLUB

#### PROJECT WORK

##### Housekeeping

Objectives of the housekeeping project were to encourage boys and girls to render definite assistance in attaining liveable homes; to teach useful information on improved methods of making a home more comfortable.

As a means of accomplishing these objectives, 52 boys received information on caring for their bedrooms, cleaning lawns, caring for fuel to be used in the home and disposing of trash. Forty-nine boys completed the project. Forty-three girls enrolled in the project and received information on caring for their rooms and doing the light housekeeping chores. Forty girls completed their units.

##### Home Gardens

To inspire boys to assist their parents with farming chores; to inspire boys to assist in producing a portion of the families wood supply; and to inform young people on the improved farming practices were the objectives of the home garden project.

As a result of retained information 49 boys completed the home garden project. Fifty-two boys enrolled in the project. Foods raised by these completing the project were consumed or canned to help supply a portion of their families food supply.

##### Food Preservation

Objectives of the food preservation program were to teach young people the value of preserving food; to teach girls fundamentals involved in canning, freezing and storing preserved foods.

Work towards these objectives consisted of training leaders through demonstrations in canning and storing vegetables and fruits. As a result of these leaders efforts, 54 of the 60 girls enrolled in the project canned 2,160 quarts of canned fruits and vegetables as compared with work in 1949 or 30 girls preserving 700 quarts of fruits and vegetables.

#### Clothing

Objectives of this program were to teach every 4-H'er how to economize on doing his small dry cleaning problems, to create a desire for 4-H'ers to look their best at all times.

Trained adult leaders reached 86 girls with information on looking your best. As a result of these efforts 80 girls completed the project with 204 garments cleaned.

#### Breadmaking

Objectives of breadmaking projects were to create an appreciation for simple homemade breads and to give useful information on preparing simple breads as well.

To attain these goals demonstrations were given by leaders and the agent. Bulletins were also given to assist enrolled members. Sixty-six girls prepared simple breads 2,442 times. These breads included biscuits, muffins, popovers, griddle cakes, corn bread, corn meal muffins, yeast bread, and cookies.

As compared with last year's work 86 girls enrolled while 75 girls completed, this year only 69 girls enrolled but 65 girls completed the project.

#### OTHER ACTIVITIES

During a 4-H council meeting reaching more parents was selected as a long time goal along with other goals of more project completions and better homes through better health.

During National 4-H Club Week seven clubs featured special programs during their regular meetings and invited their parents. The program emphasized 4-H work and its effect on individual and community living and the importance of parent interest in club work. This program afforded 92 parents an opportunity to learn more about 4-H club work.

On Rural Life Sunday 4-H'ers attended Sunday School and took an active part in the devotion services. Every 4-H'er attended church of his own choice, however.

#### State Activity

Three 4-H'ers and their leader attended the Wild Life Conference this year as a result of the outstanding work completed.

#### OLDER YOUTH

Objectives of the older youth young married couples program are to afford first hand information on problems relating to successful family living such as budgeting income, keeping family records, information on property rights, advantages and possibilities of insurances, types of insurance, creating hobbies, child development information, and creating forms of recreation -- dancing and the like.

These objectives were reached when this young married couple group met 10 times with 84 attending. Eight other young persons have been assisted this year by the agent in different phases of family relations.

The leaders are now trying to interest other young people of the county. Our leaders are already church leaders and one leader is the minister of one of the largest churches. These three persons have greatly affected the success of this group.

The plan of work for this year was attained by finding what each person wanted to retain from such an organization. From these combined reports a vote was taken to find the most important topic and down through until ten months activities had been planned.

SCOPE OF WORK

	1948	1949	1950
Number of home demonstration clubs	5	8	8
Membership	52	104	110
Number of 4-H clubs	5	7	7
Membership	93	181	181
Number of Older Youth Groups			2
Membership			28
Number of other families reached	2	103	130
Total number families reached	74	172	255

ORGANIZATIONS FUNCTIONING IN 1950 PROGRAM

County Advisory Board

The County Advisory Board cooperated with and sponsored many features of the extension program. County programs such as the Achievement Day was sponsored by the Advisory Board. Assistance was given to various clubs during their campaigns. 4-H clubs received financial assistance in sending delegates to the Wild Life Conference. The Advisory Board was represented at the State Advisory Board meeting this year.

County Home Demonstration Committee

The County Home Demonstration Committee made the plan of work for the home demonstration clubs in the county. This group encouraged the

clubs to elect more active subject matter leaders. Two kitchen tours were sponsored by this group. Supplying a Community Health Kit was the health goal of this group for 1950.

4-H club activities were also sponsored by this group. The committee was represented at the District Home Demonstration Committee meeting and the Rural Recreational meeting.

#### County 4-H Council

The 4-H council composed of officers from each club planned the year's work along with the leaders and agent's assistance. This group planned their community activities and submitted their plan to the Advisory Board during a regular meeting. A member of this group also attends the home demonstration committee planning meeting.

#### ACTIVITIES OF LEADERS

This year's work has proved that we still need to perfect the work of our project leaders. In some instances an improvement has been shown however, there is still much work to be done in the leader participation activity.

<u>GROWTH OF HOME DEMONSTRATION CLUB PROJECT LEADERSHIP</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>
No. project leaders and goal chairmen	5	10	24
No. training meetings held			
By Specialist			
By Agent	6	11	12
Attendance at all meetings	30	56	74
No. club meetings held by leaders without agent present		3	13
No. meetings at which leaders assisted		11	33

GROWTH OF 4-H PROJECT LEADERSHIP		1948	1949	1950
No. adult project leaders		5	8	8
No. junior project leaders		..	1	1
No. training meetings held	By Specialist			
	By agent	2	9	9
Attendance at leader training meetings		4	30	21
No. meetings held without agent present		..	1	12
No. meetings leaders assisted		..	11	18
No. demonstrations given	By leaders			
	By adult	..	6	13
	By junior	..	2	1
No. 4-H leaders trained individually		..	6	7

WORK WITH OTHER AGENCIES

County Teachers Association

Assistance was given the county teachers association in making a recreational program. The program included plays, teas and the like. Emphasis was placed on designing a program that the older youth may participate in.

Guidance Council

Participation in the guidance council consisted of assisting members to solve school and school community problems.

Parent-teacher Association

Participation in this group consisted of assisting lunchroom personnel in using bulk lunchroom commodities in a variety of ways and of assisting in planning a better homes program that was presented during a regular meeting of the parent-teacher association.

Informal meetings with the vocational home economics teacher, agricultural teacher, and the Veterans instructor have afforded the agent an opportunity to work cooperatively with other home economics and agricultural agencies in the county.

#### SIGNIFICANCE OF YEAR'S WORK

This year's work was designed to contribute to better health through better living. Through the home improvement program many housewives watched a gradual change in the appearance of their living room accessories. Drab, ugly furniture became beautiful pieces of stylish furnishings with a little assistance from slip covers and re-finishing methods. Antique, unused oil lamps have been transformed into prize electrical fixtures. Paint pealed floors have been replaced by refinished floors of varnish. Many bare floors are now covered with economically maderugs. Truly, this program has guided many homes toward a comfortable family life.

During the year many homemakers and younger people have preserved and prepared foods that will contribute to better meals thus insuring better health.

Homemakers have learned to economize by constructing their work dresses and the like. Money ordinarily spent on these garments may now purchase other more needed household articles. Young people have learned to economize by cleaning small articles, storing unused clothing properly and caring for garments properly.

Along with such a program adults and young people have participated in socials, picnics, and tours; hence, the program has afforded some forms of recreation.

Consequently, club women as well as non-club women, 4-H members and older youth members have participated in and have been informed of improved homemaking practices. These approved practices were designed to contribute to better rural living. The significance of this program lies in the manner in which human needs and desires of a rural people were supplied.