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REPORT
OF
HOME DEMONSTRATION WORK

IN
VIRGINIA FOR 1920

Project 4

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For various reasons there have been many changes in the members of the Home Demonstration force during the past year: In December 1919 Miss Agnew, who began Home Demonstration work in this State, resigned and I was appointed Acting State Home Demonstration Agent for the fiscal year ending June 30, 1920, and later was appointed State Home Demonstration Agent effective July 1, 1920.

Three members of the force, two County Home Demonstration Agents, and the Home Economics Specialist, were married in November and are leaving the force. One District Agent resigned to take up work in another department of the Government at a largely increased salary; our Specialist in the Utilization of Milk and Milk Products resigned early in the year to go into private work; three County Home Demonstration Agents left the force when the counties in which they were located failed to renew their appropriations; one gave up the work because of living conditions in the county in which she was located; and four County Home Demonstration Agents gave up the work for physical reasons, taking up teaching or some other line of work—making a total of fourteen, including the State Home Demonstration Agent, who have left the work during this year.

These changes have necessarily disrupted the work to a certain extent and have prevented the enlargement and advancement which would have been possible if none of these changes had taken place.

Successors to the Home Economics Specialist, and the Specialist in the Utilization of Milk and Milk Products have not yet been secured. The District Agent's position will be filled from our County Home Demonstration Agent force

in January, making, therefore, another County vacancy to fill.

At this time there is a vacancy in one county for an assistant agent, funds for which are provided from private sources, and six counties without agents. The fact that Virginia is paying such small salaries and that the cost of living and the purchase and up-keep of a car is so great makes it extremely difficult to fill vacancies.

During the year four counties failed to renew appropriations. In one of these the work has been carried on entirely with State and Federal funds because of the conditions which caused the failure of the local appropriation.

Three new counties have made appropriations for the work, the amounts appropriated being the largest made by any counties, and indications are that other counties will make appropriations for beginning the work early in the coming year.

In certain sections of the State there seems to be a feeling that appropriations for Home Demonstration work are no longer necessary, the work being considered as a war-time measure and that, therefore, the need no longer exists; and there is also a feeling that there is a need for retrenchment in county activities due to the heavy decline in value of farm products; yet in spite of these conditions, with few exceptions, the counties making appropriations for continuing the work have made increased appropriations varying from fifty to three hundred dollars.

Present Home Demonstration Force.

State Home Demonstration Agent.
Assistant State Home Demonstration Agent in Charge Girls' Club Work.
Assistant State Home Demonstration Agent assisting in Poultry Work.
Two regular District Agents
One special District Agent working in Southwest Virginia
Twenty-six County Home Demonstration Agents
One Assistant County Home Demonstration Agent

The two Assistant State Agents have no administrative duties, all administrative work being in the hands of the State Agent and the regular District Agents.

The men specialists and different members of the Agricultural College faculty and members of the experiment station staff have from time to time given the women agents valuable assistance in poultry, dairying, gardening and other phases of the work.

Publications

Except for the publication of the revised programs for Home Demonstration Clubs and the "Milk Catechism" almost nothing has been prepared for publication by the Home Demonstration Department which bears upon subject matter. Forms for reporting results in cooking, canning, gardening, sewing and requirements for the various phases of club work have been prepared and sent out as well as suggestions for serving school lunches, sheets of recipes for preparing various kinds of foods, and instruction for bread making and for holding bread contests.

Each month a letter has been sent to the President of all Home Demonstration Clubs giving suggestions for the club work of the following month. These letters have aroused much interest in the several clubs. This work was carried on by the Home Economics Specialist in cooperation with the women agents. We hope to be able to continue this work another year.

The Girls' Club Agent and the Boys' Club Agent, with the cooperation of the Specialists have, under the direction of the Agricultural Editor, issued each month "The Agricultural Club Letter", a publication devoted entirely to Boys and Girls' Club activities. This little paper has done much to perfect and keep alive the State organization of boys and girls, the State Agricultural and Home Economics Club.

The Home Economics force contributes from time to time not only to the "Club Letter" but also to the "Extension News", a publication, as its name implies, devoted to the work of extension in Virginia and to the interest of agriculture in the State.

Organization

Organization proceeds from the individual to the group.

1. Demonstrators are individuals, not in organized clubs, carrying on certain work under the direction of the Home Demonstration Agent.
2. Home Demonstration Clubs are made up of women doing individual and community work in organization.
3. Girls clubs are organized groups of girls designated by the type of work being done as, Canning Club, Cooking Club, Sewing Club, etc.
4. Agricultural and Home Economics Clubs are composed of boys and girls working as demonstrators or as club members and may be county or community in scope.
5. Community clubs are made up of women and girls, men and boys, interested in community activities of any kind, amusements, community improvements, etc.
6. County Councils or Advisory Boards are organizations for the promotion of demonstration work and are made up of influential men and women from the different districts and businesses of the county.

Nearly every Home Demonstration Agent has perfected such an organization which is functioning more or less effectively in this State.

In one county there is a county federation of the Home Demonstration Clubs which is doing most excellent work--club welfare work, hot school lunches.

equipment for teaching home economics, community fairs and Christmas trees, and the establishing of a county high school, are some of the results of the efforts of this organization.

We are hoping to perfect some sort of a State-wide organization of girls who have completed four years of club work which shall mean to demonstration work what an alumnae association means to a college.

Short Courses.

State, District, County and Community Short Courses for girls have been held where instructions were given in canning, cooking, sewing, gardening, poultry work, selecting and caring for a girl's clothing and the furnishing of her room.

A number of short courses have been held where instruction for women was given in care and feeding of children, the remodeling of clothing, millinery, selection of home conveniences, and equipment, selection and preparation of food for the family, the preparation and packing of school lunches, food preservation, gardening, various phases of poultry work, care of milk, making and packing butter, etc.

Short Courses have also been held for giving instruction to prospective and new agents and for instructing old agents in new work.

Fairs and Exhibits.

The women agents have assisted in or held county, and community fairs and poultry shows. At the State Fair there were exhibits from fifteen counties in cooking, sewing, canning and gardening, and eighteen in poultry. More women agents would have had exhibits at the State Fair except that several county and district fairs were held at the same time, making it impossible for them to prepare two exhibits.

Special Campaigns.

In three counties the Home Demonstration Agents report club enrollment campaigns--holding 40 meetings, reaching 1800 people, visiting 198 homes, enrolling 422 new members.

One Home Demonstration Agent carried on a campaign for the improvement of the school grounds--34 meetings were held, 520 persons took part. As a result the school grounds have been kept in better condition all year.

A campaign introducing labor saving devices for the home was carried on in one county. This campaign aroused much interest and many fireless cookers were made or purchased, as well as wheel trays, kitchen cabinets, vacuum cleaners and much small equipment.

One Home Demonstration Agent carried on an educational campaign to inform the people of her county as to the purpose of Demonstration work. She visited 100 homes, held 20 meetings and reached over 600 persons--securing 100 new home demonstrators and 82 club members.

A child welfare campaign lasting two weeks was carried on in three districts of one county in which 7 meetings were held, 300 homes visited, 20 persons assisted, 250 children of pre-school age weighed and measured--40% found to be undernourished.

The Home Demonstration clubs of one county carried on a campaign to secure a public health nurse. At the end of four months the nurse was secured and began her work of inspecting all children in the county.

Two counties carried on rat exterminating campaigns extending over a period of two weeks--84,922 rats and mice killed.

Summary of Personal Work of State Agent

Visits to County Agents ----- 82
County Boards met ----- 4

Short Courses attended -----	7
Demonstrations visited -----	21
Visits to unorganized counties -----	5
Bulletins distributed -----	12,421
Letters written -----	6,056
Meetings attended -----	92
Estimated attendance -----	7,211
Miles traveled:	
Rail -----	14,917
Auto -----	1,141
Team, boat and street car -----	109
Total miles traveled -----	16,165

Summary of Work of District Agents.

Visits to County Agents -----	352
Visits to unorganized counties -----	39
Fairs judged -----	38
Conferences with County Agents -----	430
Conferences with others -----	628
Bulletins distributed -----	470
Letters written -----	5,904
Schools visited -----	124
Clubs visited -----	174
Meetings attended other than elgbs -----	352
Estimated attendance -----	21,190
Demonstrations given -----	55
Estimated attendance -----	960
Miles traveled:	
Rail -----	38,588
Auto -----	6,801
Team, boat, etc. -----	960
Total miles traveled -----	49,892

Report of Specialist in Home Economics

Miss Grace Townley

Principal Home Problems attacked.

a. Relating to Food and Health.

Better Bread
Better Biscuits
Hot Lunches in the Rural Schools
School Lunch Box
Malnutrition among school children.⁴
Care and feeding of children of school age.

b. Relating to Home Improvement.

Staging of scenes for lantern slides.
Lantern lectures.
Exhibits at community, county, and State fairs.
Writing of literature on this subject.
Interior Decoration as applied to the farm home.

c. Community Betterment.

Methods Employed in Handling These Problems.

Better Bread.

An effort has been made this year to improve the quality of bread now being made in this State, through the girls' cooking clubs by means of bread demonstrations, bread contests, and bread judging teams. In presenting this work demonstrations in making loaf bread were first given. Where the equipment was sufficient each girl made a loaf. While the bread was rising points to be considered in bread judging were discussed. The girls next judged the loaves and compared their results with mine. Where it was impossible to make and bake the bread the girls brought loaves which they had made at home and judged them. It is interesting to note that bread entered at fairs in the State by girls who had this instruction was far superior to that entered by women. Demonstrations were given in the making of soda biscuit, baking powder biscuit, and corn muffins. Eighteen demonstrations, with a total attendance of 380 girls and women were given.

The work was carried on in eight counties.

Hot Lunch in Rural Schools.

This work has been carried on under the direction of the agent with the cooperation of the teachers and the assistance of members of Home Demonstration Clubs. In many instances club members, girls and women, raised and canned vegetables to be used for this purpose. Mimeographed copies of recipes have been furnished the agents, giving quantities sufficient to serve from 16 to 20 children. The following report has been compiled from a questionnaire sent to the county agents:

Agents answering the questionnaire -----	16
Counties reporting no school lunches -----	5
Counties reporting hot school lunches -----	11
Schools in which hot lunches have been established -----	24
Home Demonstration Clubs responsible for putting in the hot lunch -----	11
Home Demonstration Clubs responsible for serving the lunch -----	5
Cooking clubs responsible for serving hot lunch -----	11
Value of equipment used in these schools -----	\$1,332.00

Home Demonstration Clubs provided the equipment for serving the hot lunch in a number of schools. Money was secured by means of socials, suppers, etc. In every case where the hot dish has been introduced in the rural school the attendance and work of the children has improved, as well as the health.

School Lunch Box.

Much has been accomplished in improving the school lunch box, as well as its contents by talks and demonstrations. A home-made thermos bottle has been demonstrated in many communities and a number have been made for use in the lunch box.

Nutrition.

In the spring I attended the nutrition clinics held in Atlanta, Ge., by Dr. Emerson. As a result of this visit I have given many talks before clubs

and other groups of women and girls, calling attention to the fact that children who are under weight can easily, by their own efforts, bring themselves to normal weight

Up to date three children have reported that by following my simple directions they have brought themselves up to normal.

Improving the Farm Home.

Since March slides prepared last year showing home conveniences have been used in most of the counties in the State. Much interest has been manifested by county agents in this work, and as a result of talks illustrated with these slides many improvements have been made.

Interior Decoration.

Many of our Home Demonstration Clubs have been interested in Interior Decoration or how to make the farm home attractive. I have given a number of talks on this subject before Women's Clubs.

Community Betterment.

When the Home Demonstration programs were revised many more community topics were introduced. Every month I have written a letter to the presidents of the Home Demonstration Clubs making timely suggestions as to community activities, many of which, according to the Secretaries reports which have come to me, have been followed.

Publicity.

By means of news items, short articles, bulletins, mimeographed sheets, monthly letters to the agents and presidents of the Home Demonstration Clubs, certain phases of Home Economic subject matter have been kept before the public.

Outstanding Features of the Year's Work.

1. The revision of the club programs for the Women's Home Demonstration Clubs.
2. The work carried on for improving the farm home by means of lantern slides, lectures, talks, exhibits and demonstrations.
3. The work on nutrition as applied to underweight children in an effort to bring them up to normal weight with the end in view of disease prevention, better school work and a healthful and renewed interest in life.

Summary of Personal Work.

Counties visited -----	19
Miles traveled -----	9,346
Talks and demonstrations -----	37
Attendance at same -----	11,371
Letters written -----	150
Mimeographed sheets of recipes -----	18
Bulletins written -----	3
Extension schools attended -----	2

Report of Specialist in Utilization of Dairy Products

Miss Jessie H. Logan

My work which ended May 15th may be divided into three parts, namely, Better Butter, Greater Utilization of Milk, and Special Work.

The butter work has been the main feature, not through intention, but because of demand for it. Dinwiddie, Amherst, Bedford, and Brunswick Counties have done especially good work along this line. In Bedford County the Better Butter Campaign was wound up by a butter demonstration and a butter contest in one of the hardware stores in Bedford. Thirty-five pounds of butter were exhibited at the contest. The butter was judged before an audience of about 150 people, and each point in the making of a good pound of butter was explained to them. At the county fair, some time later, the woman in charge of the butter booth remarked that there was a decided change for the better in the butter exhibited over that of former years, better flavor, uniformity of package, etc. One woman in Dinwiddie County remarked that, what she had learned of butter making and the money that had been saved her, from seeing the demonstration was worth all my trips to the county.

The Produce Exchange requested butter demonstrations in Brunswick County. The loss to the State from a poorly made product caused them to take great interest in a campaign for a good standard of butter in the county. Butter is to be made a special feature at the county fair. Good prizes are being offered for exhibits. Also, two demonstrations are to be given, one, "Making Butter in the Proper Way", the other, "Making it in the Old Way". The Produce Exchange has had six butter workers made to sell to their butter customers.

In Amherst County efforts are being made to standardize the butter for the women's market in Lynchburg. One woman remarked that what she had learned from a demonstration seen last fall had saved her at least fifty dollars on the butter she had sold during the winter months.

A Bedford county woman who was last year accepting from a country storekeeper 35¢ for her butter, and sometimes was not able to sell it at that price because of an over supply, is now shipping her butter by parcel post and is receiving 60¢ for it. The average of 10¢ on the pound has been received for butter made according to government directions.

Throughout the state a great deal of stress has been laid on the greater consumption of milk. Talks and demonstrations have been given to women's and girls' clubs, and school children. Much work has been done along this line through various agencies such as the Home Demonstration Agents, County nurses in their butter baby campaigns, and Food for Children talks, etc.

Much time has been spent assisting with special work in the state. School lunch demonstrations have been given and talks have been made on food for children, nutrition and marketing. It is hard to state definite results obtained from this work. However, at Ford School in Dinwiddie County a hot school lunch has been served twice a week through the year because of the talk and demonstration given. Hearing of the success of the work in this school other schools in the county have started the hot lunch.

The most interesting and enjoyable piece of work done this year was my seven weeks in James City county acting as county agent. Briefly, the work consisted of enrolling club members, and bringing to life two of the dead home demonstration clubs.

The following is a statistical report of work done during the year:

Better demonstrations given-----	35
Hot school lunches demonstrated-----	4
Milk products demonstrations-----	8
Talks-----	35
Attendance-----	3,663.

Report of State Girls' Club Agent.

Miss Hallie L. Hughes.

My activities in the field have been largely confined to assisting agents in enrolling club members; in organizing new club and strengthening old clubs; planning for club meetings, community days, rally day, bread contests, county exhibits, fairs, and short courses.

Number of counties visited-----	17
" Demonstrations given-----	6
" meetings attended-----	20
Estimated attendance-----	702
Conferences attended-----	39
Number miles traveled	
Rail-----	6186
Auto-----	902
Total miles traveled-----	7088

From the very nature of this work a greater part of my time has been spent in the office writing, revising, preparing for publication and distributing literature used by the clubs in the various activities, of which the following is a list.

No. letters written-----532
No. circular letters written----- 17
Club material distributed-----27,701
Assisted in preparing monthly Club Paper
Assisted in preparing enrollment campaign material
Revised Canning Club Record books
Revised 1st, 2nd, 3rd and 4th year canning club requirement cards.
Prepared for publication 2nd year cooking club requirement cards.
Prepared for publication 2nd year sewing club requirement cards.
Prepared for publication Garden club requirement cards.
Prepared bread score card for judging teams
Prepared material for 1920 bread contests.
Prepared sewing club report forms for agents
Prepared cooking club report forms for agents
Prepared canning club report forms for agents.
Prepared garden " " " " "
Prepared Agricultural and Home Economic club report forms.
Prepared for publication garden club record book.

SHORT COURSES

Kind	Place	Attendance	Nature of Work Done
Augusta County	Grottoes	30	Gave instructions to girls in regard to exhibits for fairs
Hottoway County	Sarkoville	9	Demonstration in crocheting and preparing exhibits
Tri-county Charles City James City New Kent	Williamsburg	30	Instructions in canning
District	Farmville	57	Instructions in remodeling furniture. Talk on club meetings.
District	Harrisonburg	45	Instructions in conducting meetings. Parliamentary practice.
State	Blacksburg	182	In charge of girls. Conducted round table in club work

FAIRS

Kind	Place	Nature of work done
	Roanoke	Assisted in judging girls' club exhibits
Inter-state	Lynchburg	Judged; assisted in putting up girls' club exhibits.
State	Richmond	In charge of girls' club exhibit
	Petersburg	In charge of girls' club exhibit
County	Amelia	Judged in Woman's Department

NEGRO WORK

Report of District Agent for Local Home Demonstration Work.

Lissie A. Jenkins.

On April 1, 1920, a woman in each of the following counties began the home demonstration work: viz, Amelia, Campbell, Caroline, Dinwiddie, Elizabeth City, Gloucester, Hansemond and Sussex. One worker served Montgomery and Pulaski. The agents were employed during the months of April, May, June, July, and August, except the agent in Caroline who worked only during the months of May and June.

There were 57 girls' clubs which held regular meetings with a total attendance of 2503. In these meetings the girls received instruction in sewing, cooking, gardening, canning, serving meals, crocheting, the danger of the house fly, and numerous other things necessary to good housekeeping. While we have no regular poultry clubs, conducted according to the extension department requirements, the women have not neglected the opportunity to urge the girls to help their mothers with the care of the family poultry and in a great many instances have helped the girls with their little flocks which the mothers had given the girls for their very own.

In every county the girls have been active in efforts to raise funds to aid in improving their schools and churches. I had the pleasure of attending a very creditable entertainment at Marven, in Amelia County, which had been planned and carried out wholly by the club girls. The county agent in that county made each president responsible for one public entertainment. The neighborhood people responded admirably.

A little attention, but not nearly enough, was given to recreation. That is a thing that is too much neglected as the girls ought to be taught some of the simple folk games. Club work ought to mean good times as well as hard work.

Occasionally there was a girl who had to leave home to earn money. The agents have helped to secure places for these girls and have followed them up afterwards. In most cases they have been successful in persuading these girls to enter such schools as Petersburg, Lawrenceville, Hampton and Christiansburg. In many instances where the girls were not prepared to enter such schools as the above names, they have been persuaded to attend the county training school in their own county.

For the time ending August 31, 1920, these workers reported that their girls had put up 16,888 quarts of vegetables and 23,871 quarts of fruits. This does not, however, tell the whole story of their influence on food conservation because a great deal of canning is done in September and October.

The work with women has been somewhat similar to what has been done with girls with a few additions. For instance, the club women in Gloucester have stressed the fireless cooker, rag rug making and better poultry. The worker there has been very successful in building and using the fireless cooker and has made converts of people who said that it was impossible to cook the food in those boxes. One woman, a successful teacher, told me that she wanted to pick berries one day but her husband objected to a cold dinner. She started her dinner in the usual way on the stove, put it in her homemade fireless cooker, in spite of her husband's scoffing, and went out to pick her berries. At the noon hour when she returned there was the hot dinner (not burned or dried up) and Mr. Husband had to take off his hat to the "hay box".

In that same county they are also making most beautiful rag rugs; crocheted and knitted; round, oval and oblong. To my way of thinking the women in that county have been the most interested group in club work. It is not that they have raised as much money as some other, but it looks as if they have done more towards improv-

ing the home than any others with which I have worked. Their influence has spread even to Hampton Institute where a little group of women are making crocheted rag rugs after hearing what those country women were doing with their old rags.

In Dixfield the worker has dwelt on better cooking and has given the women splendid help in that way. She featured for a while the making of simple desserts instead of the rich heavy cake which some housekeepers felt it their duty to serve.

The Sussex county worker has done a great deal towards having her women keep cleaner homes. That was one of her big problems and she has worked on it faithfully.

Elizabeth City county, being adjacent to Newport News and containing Hampton, Backree, and Old Point, presents the problem of persuading the people to put up a portion of their fruit and vegetables and to keep their earliest hatched pallets. They sell so readily and the cash they bring is so welcome that it gives a county worker an endless task. She doesn't let up for a minute and gets very good results. She reports more than 3000 quarts of goods.

The Hansemond county women have a good county organization and have worked hard to have healthier children, better poultry, hogs, and cows. At their annual meeting in August several told of their success with better methods of poultry raising.

The Campbell County worker wrote in that she was stressing better living conditions in the home.

Palaski and Montgomery surely must hold the age record. The county worker there had members who were grown women in slavery days, yet they attended the meetings. One old, old lady told me that she came here because she was learning something.

The Amelia county worker assisted in organizing Red Cross Home Nursing Classes in her county. There the women gathered and received valuable information in home nursing. All the workers cooperated with the Negro Organization Society and the State Board of Health in Annual Clean - Up Campaign.

As the result of the Clean-Up Campaign the Gloucester Agent reported 9 meetings held, with 331 homes and 1000 persons reached, 18 springs and 30 wells cleaned, 15 wells covered, a number of sanitary out-houses built. One widow screened her porch, whitewashed her fences and out-houses herself- another woman hired the whitewashing of her dwelling, but she, herself, whitewashed the fences and out-houses.

The following figures were sent in relative to the women's work: 75 clubs held regular meetings, with an attendance of 3,257. All except one reported a county organization as well as local clubs. Quarts of fruit canned 27,940; pounds of dried fruit 2,417; pounds of dried vegetables, 874; pounds of brined fruit 194; pounds of brined vegetables, 1,619; gallons of vinegar, 436; gallons of fruit juice, 47; qts. of vegetables canned 22,895; pts. of jellies and marmalades 4,432.

It is impossible to estimate the good done by these women who go about their daily tasks in a quiet way and convince the people that much that has been wasted could have been saved; many things that have been considered impossible can be accomplished, and last but not least, that the United States Government is not entirely indifferent to the colored citizens as so many radicals go about preaching.

Summary of Personal Work of Local District Agent.

Visits to local agents-----	29
Visits to unorganized counties-----	4
Fairs judged-----	3
Conferences with local agents-----	65
Conferences with others-----	130
Bulletins distributed-----	1,500
Letters written-----	154
Schools visited-----	15
Clubs visited-----	25
Meetings other than clubs-----	45
Attendance-----	10, 049
Demonstrations given-----	10
Demonstrations attended-----	50
Miles traveled: Rail-----	4,565
Team-----	132
Auto-----	691
Total-----	5,368

PLANS FOR 1921.

1. Poultry will again be the state-wide work for both women and girls.
2. More time is to be given to women's work.
3. More stress is to be put upon organized work, such as community and county organization.
4. More time is to be given to work in canning by both girls and women.
5. The special work of organizing more counties for Home Demonstration work begun in October is to be continued.
6. Work for negro women and girls is to be made annual instead of simply summer work; as many counties beginning work in January as money and workers will permit.

Respectfully submitted,

State Home Demonstration Agent

Blacksburg, Va.