

VIRGINIA

ALLEGHANY HOME DEMONSTRATION AGENT Annual report 1943

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ANNUAL NARRATIVE REPORT  
HOME DEMONSTRATION AGENT  
ALLEGHANY COUNTY — 1943

ERDMONT BOND

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Home Demonstration Agent

December 1, 1942.....November 30, 1943

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III Scope of Work

A. Home Demonstration Clubs:

No. 8 Membership 186

Other groups sponsored by Home Demonstration Clubs:

No. Clubs -

White 14 Membership 143

Negro 1 Membership 12

B. 4-H Clubs:

No. 13 Membership 367

C. Older Youth Groups:

No. 1 Membership 13

D. No. families reached through neighborhood and  
community leaders 900

E. No. reached through classes taught by  
agent 331

F. Estimate total number families reached 1443

No. farm families in county 1800

#### IV. Organization

##### A. County Home Demonstration Committee

Membership of this committee consists of the presidents of the 8 Home Demonstration Clubs in the county. Two meetings were held by this group during the year. The first, a business meeting, was held in which the following officers were elected: Mrs. F.E. McBees, President, Mrs. Tom Young, Vice-President, and Mrs. W.B. Smith, Secretary-Treasurer. A program planning meeting was held by this group in October 1943 to plan the work for the next year. 7 of the 8 clubs were represented. The following demonstrations were planned to include instructions on production and conservation of food, and conservation of clothing and house furnishings: Checking the Home for Fire Prevention, Making General Repairs Around the Home, The Homemakers Calendar, Remodeling Clothing For Longer Wear, Planning and Planting the Spring Garden, Better Care of Poultry, Food Preservation, Dry Cleaning and Laundry Hints, Planning the Fall and Winter Garden, Simplifying the Home for Easier Care, Refinishing Furniture, Making Children's Clothing, Covering Umbrellas, and Holiday Meals From Home-grown Foods.

##### B. County Agricultural Board

Members of the County Agricultural Board consist of the Chairman and Co-Chairman from each of the 8 committees, and the 8 Home Demonstration Club Presidents. Mr. Kent Marshall serves as Chairman of the Board and Mrs. R.C. Moneyaker, Co-Chairman. 58 men and women serve as leaders in the 30 neighborhoods.

The first meeting of the year of this organization was held in March with 10 community chairmen present, 6 county professional workers, representatives of 5 Home Demonstration Clubs, 2 District Agents, Mrs. Sally Davis, and Mrs. B.A. Warriner.

Plans were made for the county's Victory Home Food Supply Campaign, and for setting up a Para Labor Board.

The Victory Home Food Supply Campaign was carried on throughout the county by the women neighborhood leaders. 194 pledge cards were returned on this with requests for several types of information. These requests were followed up in June and July with 34 neighborhood meetings on food conservation and preservation with an attendance of 325. Home economists of the County, representatives of the Office of Civilian Defense, and Red Cross Chairmen received initial training on food conservation at a Food Conservation Workshop Held during May in Covington by Miss Helen Alverson, Home Management Specialist of V.P.I. In September, 4 poultry culling demonstrations were given to 37 people, and 54 people attended 5 storage demonstrations. In November, 37 neighborhood leaders canvassed in rural areas in the National War Fund Drive, collecting \$572.00.

#### C. Professional Workers' Conference

Agencies represented in the professional workers group are: Welfare Service, County Health Office, Superintendent of Schools, Para Security Administration, Extension Service, Ration Board, Forestry Department, and County War Board.

Four meetings have been held this year, the first being in December to discuss general plans for the county's agricultural program

in 1943. Later, in January, the group met to discuss the county's food production goals for 1943 and ways of meeting them; this came prior to a county Agricultural Board meeting. In May, the home economists of the group met to make plans for neighborhood food conservation meetings. As a result of this planning, 10 neighborhood demonstrations were given by Mrs. Jane Kyle, Farm Security Administration, 9 were given by Miss Blanche Saul, Home Economist for Virginia Public Service, and 15 were given by the Home Agent.

In November, the Home Agent, who was asked to serve as Chairman of the canvass in the War Fund Drive in rural areas, called the professional workers together to make plans for this canvass. Representatives of the Farm Security Administration, Welfare, Schools, and Extension Service contacted the 8 community chairman and gave them necessary training for their drive.

#### V. Leadership

##### A. Adult Work

In the 8 adult clubs there are 40 leaders who serve as club officers. Two training meetings have been held for the club chairmen, who are organization leaders, in which program plans were made. Attendance at the 2 meetings was 12. Approximately 270 days of service have been given by these leaders.

There are 16 project leaders in the adult club who have rendered approximately 108 days of service this year. 3 training meetings have been held for the group for this year's work on food, clothing, and house furnishings, with a total attendance of 26. 39 demonstrations have been given to a total attendance of 523 club members. The 2

project leaders of the Gilmer Home Demonstration Club, Mrs. Ruby Biggs and Mrs. Ben Wilson, attended the 3 meetings and have given 6 of the 12 demonstrations to their club this year; these included instructions on meat substitutes, chair reseating, remodeling clothing, making homemade gifts, making braided crochet, knitted rugs, and slips.

Each adult club has a Federation Goal Chairman. However, no countywide training meeting has been held for them. Better nutrition for all club members has been emphasized and health literature distributed. In March, all club meetings were devoted to discussion on better nutrition by both leaders and agent.

A county campaign was conducted this year, with each club having a campaign chairman. In January, a training meeting was held for these and block leaders of the Office of Civilian Defense by Mr. A.G. Smith, Assistant Garden Specialist of V.P.I. 5 club leaders were present. Following this training meeting, the Home Demonstration Clubs devoted the February club meetings to a discussion on planning adequate year round gardens. 4 of the demonstrations were conducted by the leaders, and 3 by the Home Agent. 83 members were present at all meetings. Timely information was again presented monthly through June, when plans were made for the Fall gardens. Club members were encouraged to give non-club members pertinent facts on gardening, and they report having helped 387.

Mrs. Dan Nichols, campaign chairman of the Mallow Home Demonstration Club, aroused such interest in her community that a garden contest was decided upon. There was great enthusiasm and many good gardens until the

late drouth burned the gardens. The contest was not completed.

The 74 community and neighborhood leaders have given approximately 394 days of service this year in carrying out the Victory Home Food Supply Campaign, Food Conservation Program, and National War Fund Drive. One county training meeting was held for community chairmen on the Victory Home Food Supply Campaign with 10 chairmen present. In the 2 following programs, professional workers met with the community chairmen and gave individual training on the work to be done.

#### B. 4-H Club Work

The 7 4-H Club leaders in the county serve as organization and project leaders. 1 joint 4-H and Home Demonstration leader training meeting has been held with 4 4-H leaders present. Miss Iva Byrd Johnson, State Clothing Specialist, gave training on mending and darning to the club girls. Approximately 40 days of service have been given. Mrs. Harry Watts, leader of the Roaring Run 4-H Club, is extremely interested in her club's activities because her 3 children, Alma, Harry, Jr., and Joe are all members. She has attended all meetings this year, given 5 of the demonstrations for the year, and observes closely the project work being done by the members.

4 other clubs have sponsors who are teachers in the schools where the meetings are held. Assistance is given by the sponsors in planning club programs, socials, community projects, and in promoting interest in 4-H Club work.

There are 65 junior leaders in the 13 4-H Clubs who serve as club officers. Each club has a president, vice president, secretary-treasurer,

reporter, and song-leader. All of this group have had individual training, either by the leader or Home Agent. Presidents are trained on better parliamentary procedures; vice presidents, on planning better programs; secretaries are trained on keeping accurate records of club activities, and reporters are encouraged to make accurate and interesting newspaper reports of club meetings.

Each of the 13 4-H Clubs has a garden project leader, poultry project leader, and food project leader, making a total of 39 project leaders. These leaders have given 9 demonstrations on poultry, 13 demonstrations on gardens, and 13 demonstrations on foods.

## VI. Results

### A. Home Demonstration Clubs

#### 1. Project Work

##### a. Food

##### (1) Production

Production of the years supply of food was stressed at each club meeting monthly from January through June, by both the garden leaders and agent. Information was given on ordering seeds, planning the Spring garden, planting the Spring garden, and planning the Fall and Winter gardens.

A report gathered from 112 club members, shows the following results in the production program. 86 members report producing enough vegetables for the famil's use this summer. 93 report having planted late vegetables in the garden. 105 reported buying disease resistant varieties of vegetable seeds. 34 members reported selling a total of 336 bushels of food. 7 members reported growing small fruits and berries.

Club members were encouraged to give non-club members information on the food production campaign. Reports show that 387 other people were assisted by club members.

The production of pork and poultry was also emphasized this year. 72 club members reported raising poultry. 40 members bought chicks from state inspected hatcheries. 24 members report their poultry sales to be \$902.00. 23 members reported marketing eggs weekly with a total 117½ dozens marketed weekly.

### (2) Conservation

A total of 22 food conservation demonstrations were given, including instructions on canning, electric dehydration, oven drying, and proper storage. A report gathered from 112 club women show the following results: 16,512 quarts of vegetables were canned, 8,044 quarts of fruit were canned, and 1,642 quarts of meat. 24 members report using pressure cookers and loaned their cookers to 22 other families. Mrs. Henry King of the Mallow Home Demonstration Club took her pressure cooker to 3 women and taught them how to can chicken. 14 members dried 168 pounds of vegetables. 20 members made improvements in storage space for canned foods. These improvements included building more shelves, better window ventilation, and building 1 new storage cellar. Approximately 230 non-club women were given assistance by club members on food conservation this year.

### (3) Nutrition

Better nutrition for all rural families was stressed as often as

possible. Few school lunch rooms in the county, a high tuberculosis rate among rural people, and a high percentage of rejectédsselectees were all important criteria in influencing club members toward practicing better nutrition with their families.

In March, all club meetings were devoted to the Federation Goal on Health. Talks were made by both agent and leaders on nutrition and literature was made available to all who wanted help.

Garden leaders stressed adequate year round gardens as a means of feeding a family more nutritious food.

Demonstrations on meat substitutes showed the women how their families could be fed adequately by using less meat.

#### b. Clothing

##### (1) Consumer Problems

No project was carried on this year with club women on this subject. However, timely information was given several times during the year which included instructions on buying clothing, the care of clothing, and the care of substitute fabrics. The need for preventing waste in the family clothing was emphasized by encouraging remodeling of old clothes and other wise practices.

##### (2) Conservation

###### (a) Woolen Garments

Project work in storage, laundering, and dry cleaning of woolen garments was carried out in the 1942 program and was not repeated again this year in a demonstration fern. However, timely reminders were given

in May during the remodeling clinics to assist women in laundering and storing woolen clothing and household articles, such as blankets.

(b) Sewing machine clinics

Three sewing machine clinics were held this year in which the Agent assisted women in adjusting and cleaning 11 machines.

(3) Construction

(a) New garments

Club members report having made 152 slips after demonstrations were given during April. All day meetings were held in several clubs. 27 slips were constructed during the meetings. Members report an estimated savings of \$77.46 on the project. In May, club meetings were held on dressmaking. two clubs, the Gilmer and Callaghan Clubs, held all day meetings in which the members cut and began the construction of 19 dresses. A final report from 112 club members shows a total of 584 dresses were made at an estimated saving of \$1,168.00. Also 334 other garments were made at an estimated saving of \$246.08. 78 non-club women were given instructions by club women this year.

c. House Furnishings

1. Conservation

(a) Furniture clinics

(1) Chair seating

8 chair seating clinics were held this year in which 44 chairs were renovated. Members brought their own chairs and were quite pleased

with their days work; many brought chairs which had been completely discarded for lack of a seat.

## 2. Construction

### (a) Slip covers

27 club women report making slip covers and estimated their savings to be \$320.00.

### (b) Curtains and draperies

A report from 112 club women shows that 83 pairs of curtains were made at home, thus saving approximately \$60.00 on this work. Members also reported having made 42 pairs of draperies at an approximate savings of \$126.00. 10 pairs of draperies were renovated and approximately \$14.00 saved.

### (c) Other

Rug making demonstrations were held in all clubs in October. Correct methods were shown for making crochet, braided, and knitted rugs; proper color selection was stressed also. 13 club members report having made rugs, and several others have begun collection of discarded clothing in preparation for rug making.

Club members report some other most worthwhile work that has been done. 20 window shades were renovated in 3 clubs; one member, Miss Kate Hepler of the Boiling Springs Club, installed a sink and made her own built in cabinets, saving approximately \$40.00 by doing her own work.

d. Home Management

(1) Household equipment

The need for conserving all household equipment was emphasized this year because of the shortage of new equipment on the market. Instructions were given on the care of refrigerators, washing machines, electric irons, rubber articles, and miscellaneous electric appliances in the kitchen.

(2) Storage

Safe storage of canned foods and fresh vegetables was demonstrated and has been reported previously.

2. Home Demonstration Club Activities

a. Federation Goal

No county wide meetings have been held for the health chairmen. However, health work has been done through all the clubs, centering around nutrition. In March, club meetings were devoted to a discussion on the subject of better nutrition, and has been followed in later meetings with short discussions on the subject by both agent and leaders.

b. Campaign

A county campaign on Adequate Home Gardens was held. Campaign Chairmen in each club presented monthly information on planting, fertilization, cultivation, and insect control. 86 club members reported producing enough vegetables for their family use this summer and 93 reported having planted late vegetables in the garden.

### c. Other Special Activities

The Low Moor Home Demonstration Club sponsored an exhibit in June of articles made from cotton feed bags. Clothing and household articles were collected from all county clubs. An interesting display was made by the quilts, bedspreads, pillowcases, dresses, children's clothing and a variety of other things.

The Virginia Public Service Company in Clifton Forge loaned the Fairdale Home Demonstration Club a display window the week of November 8th-13th in order that the members of the club could exhibit articles they had constructed from scraps and discarded clothing. Many useful articles were shown as: women's dresses, children's clothing, shoe bags, pillow cases, covers for small tables and tea towels.

Members of the Gilmer Home Demonstration Club, which is located near Covington, decided to spend Thursday night of each week at the Red Cross Center. Eleven members report having spent 584 hours at the Red Cross rooms in sewing and making surgical dressings.

The Lowmoor Home Demonstration Club had quite a sizable treasury at the beginning of the year, but a wise membership invested most of it in 3 one hundred dollar War Bonds, gave \$50.00 to the Red Cross, and \$5.00 to the National War Fund.

A complete report on Red Cross sewing by club members had not been received, but approximately 300 garments have been made by club members.

### 3. An account of the year's work of one outstanding club

The success of the Mallow Home Demonstration Club can be attributed largely to the excellent leadership in the club. The president

Mrs. F. E. McBee, has attended both Home Demonstration Committee meetings held this year, and has always been present when her club held a meeting. The 2 project leaders, Mrs. Carl Sharp and Mrs. Dan Nichols, have attended the 3 county training meetings held this year, and have given 5 of the 12 demonstrations in their club.

The club's treasury is not very large, but their Federation dues were paid, \$10.00 was contributed to the Red Cross, and money is being saved to buy a \$100.00 War Bond.

Forty-two women are enrolled in the club. Of this number, 10 members took a Red Cross First Aid Course, and 20 members took a Home Nursing Course, taught by the County Health Nurse.

#### B. Agricultural Board.

Three programs were sponsored by the women of the County Agricultural Board this year. The Home Agent assisted in training community chairmen on each of the projects. In March, the Victory Home Food Supply Campaign was conducted throughout the county. One Hundred ninety-four pledge cards were returned with requests for information. The agent gave bulletins on gardening, poultry, canning, and storage to neighborhood leaders, in order that they could help those who had made requests. As a means of further help to those who had requested information, 34 neighborhood meetings were held in June and July on food conservation to total of 325 women and girls. The agent gave 15 demonstrations, Mrs. Jane Kyle, of the Farm Security, gave 10, and 9 demonstrations were given by Miss Blanche Saul of the Virginia Public Service. In September, Mr. Harry Moore, Poultry Specialist of V. P. I. gave 4 poultry culling demonstrations, at which 37 people

were present. The home agent also gave 5 storage demonstrations in the county, with a total attendance of 54.

Neighborhood leaders canvassed the county in November in the National War Fund Drive. Thirty-seven leaders collected \$572.00. The home agent served as County Chairman of this project, assisted by other professional workers in the county in contacting community chairwomen.

The week of November 29th was designated as Food Fights for Freedom week. An Agricultural Board meeting was held November 30th with 7 present. The program was explained and necessary material distributed in order that the campaign can get under way immediately.

#### C. 4-H Clubs

##### 1. Project Work

##### (a) Food and Nutrition

A major part of this year's work with 4-H Club girls has been done on foods and nutrition. Demonstrations have been given on Christmas sweets, stressing the more nutritious ones, Canning and Drying Fruits and Vegetables, Vegetable Cookery, Breadmaking, emphasizing the value of whole wheat and enriched flours, and Meat Substitutes in school lunches.

In December, 226 girls observed demonstrations and received mimeographed receipts sheets of Christmas sweets; in January, approximately 50% reported using the recipes in preparing candies at home during Christmas. After seeing demonstrations on meat substitutes for sandwiches, approximately 30% reported using the suggestions in preparing their school lunches.

Club girls report having canned 10,738 quarts of fruit and vegetables this year. Seventy one pounds of fruit were dried by club girls and assistance was given in drying 152 more pounds. One thousand eighty meals were planned this year, and 860 of this number served. Thirty-seven girls checked the Food Habits Guide sheet, each season. Fifty-eight girls report making improvements in the selection and preparation of their school lunches.

(b) Clothing

Clothing conservation demonstrations were given in 4-H meetings in April and May. Members were shown proper methods of darning and patching; 267 articles of clothing have been mended since those meetings. Two hundred seventy-two new garments were made this year by club girls at an estimated savings of \$204.00. Members also report having remodeled 98 articles of clothing at an estimated saving of \$69.00.

One member, Alma Watts, president of the Roaring Run 4-H Club made good use of printed feed bags in constructing part of her college wardrobe. She made 2 skirts, 1 housecoat, 1 suit, and a pair of pajamas.

(c) Home Improvement

Home improvement was not taken as a project by any club girl this year. However, reports collected reveal that rural girls have been making some improvements in their homes. A summary of these is as follows: walls and woodwork - 96, floors-199, windows-259, closets-40, dressing-66, study-44, sleeping-88. Twentyfour pieces of furniture were made; 33 pieces of furniture were remodeled, and 12 rugs and mats were made. Fifty-six girls reported caring for their own rooms regularly.

(d) Home Management

Demonstrations were included in the year's program for 4-H girls

showing them how to adjust working surfaces to make tasks easier. The following improvements were made by club girls: 26 tables, 27 wash tubs, and 18 ironing boards were adjusted to correct height. Four girls improved lighting in their homes, 46 windows were improved, and 31 walls were painted. Twenty-three girls improved woodboxes in their homes, and 35 girls rearranged kitchens.

(e) Poultry

Nineteen club girls completed their poultry projects this year, raising a total of 1,377 birds. One club girl, Marian Nicely, aged 14, of Iron Gate, writes in her report in October -- "I raised over 100 chickens. I let them run in a big grassy field, and keep them a good place to roost". Without saying a great deal about her project, she has shown real interest, and realizes some important factors in raising healthy chickens.

(f) Gardening

Eighty-two club boys and girls were enrolled in the gardening project; fifty-one reported that they had vegetables of their own in sections of the garden, or had complete responsibility of the family garden.

2. Health

Health activities with 4-H girls have centered around improvement in food selections. The health game, Vitamingo, was played in all 13 clubs. All girls were encouraged to check their food habits guide sheet each season; 37 girls reported doing so. Fifty-eight girls reported making im-

provements in the selection and preparation of their school lunches.

### 3. Community Activities of the Clubs

The members of the Joy 4-H Club met on Christmas Eve, exchanged presents among themselves, went through their community singing Christmas Carols, and visited 1 needy family to give them food, clothing, and toys. The toys had been collected from school children, and were painted and overhauled by club girls.

Seven clubs participated in the old record collection drive. 120 pounds were collected by the 32 members of the Falling Spring 4-H Club. A total of 395 pounds was collected in the county.

Club members participated in school Defense Stamp sales this year. An accurate record on the amount of bonds and stamps bought by club members has not been received.

Club parties were held in several clubs this year. The Hunter 4-H Club held 2 parties, one a swimming party following a bread judging demonstration in August. In October, the club had a Halloween party at their school. Club committees very efficiently planned the refreshments, recreation and appropriate decorations.

C. 4-H Clubs

4. An account of the work of one club and member

The Roaring Run 4-H Club in the Rich Patch Community led the county groups in club activities this year. Five girls and nine boys are enrolled. In December, the girls of the club made cookies and candy for three members who are now in the army; two of whom are Sgt. John Hamlett and Cpl. John Keyser, county All Stars.

A sunshine box containing the supplies for each day of the month was sent to two former members, Mrs. Lacy Tucker and Mrs. Emmett Simmons, county All Stars who are patients in the Blue Ridge Sanitorium. All members of the club helped contribute the gifts.

A farewell party was given the club president, Alma Watts, who was leaving for college in September. Alma had worked six years in close cooperation with the other members of the club and they did not want her to forget them when she was away. Presents including stationery, stamps, and postal cards were given to her to remind her to write home faithfully.

An interesting potato project was conducted in the club this year. The club leader, Mrs. Harry Watts, gave each of six boys eleven pounds of seed potatoes to plant, with the understanding that each boy would try to get the best possible yield. In October, the boys reported on their projects to the club giving the following results: Harry Bennett reported the greatest yield of  $4\frac{1}{2}$  bushels; Billy Bennett, 2 bushels, 1 peck; Bobby Martin and Kenneth Keyser  $1\frac{1}{2}$  bushels each; H.B. Watts and Freddy Stull 1 bushel each. Harry Bennett attributed the success of his project to better soil, more fertilizer and an earlier planting. Dry weather and insufficient fertilizers affected the other yields.

Nancy Farrar, a 14 year old member of the Central 4-H Club, reported quite a lot of work accomplished this year. She helped her mother can 700 quarts of food this summer; helped to plant, replant and work a 5 acre truck patch; raised 150 chickens and helped to feed 5 pigs. She served as secretary in her club and attended every meeting. Nancy has numerous responsibilities at home as they have eight children, most of them younger than herself.

D. Other work done by Home Demonstration Agent

1. County Home Economics Work

The Home Agent attended the Home Economics meeting on Food Rationing in Roanoke, February 13 and later gave assistance to the local Rationing Board by training rural women on food rationing in order that they could give nutritional information at various places of registration. Eleven club women assisted in five of the county schools.

After attending the Food Conservation Workshop held by Miss Helen Alverson, Home Management Specialist of V.P.I. in April for Home Economists, the Home Agent gave 22 Food Conservation Demonstrations to 175 women. These demonstrations included instructions on canning, oven drying, and electric dehydration. The Kettleton Lumber Company of Covington provided the Home Economists with an electric dehydrator for their use in giving these demonstrations.

The Home Agent attended a meeting of the block leaders of the Office of Civilian Defense in October and gave nutrition information which would be useful to them in making their contacts with town residents.

## 2. County Nutrition Committee

Alleghany County was chosen to be one of the counties in which the State Extension Service Division would sponsor nutrition work. A meeting of county representatives was held June 28, for organizing a county nutrition committee and for outlining plans for future activities.

Members of the committee are representatives of the schools, Red Cross, Office of Civilian Defense, Newspaper, Radio, Retail Merchants, Ministerial Association, Industrial Rayon Corporation, West Virginia Pulp and Paper Co., Home Demonstration Committee, 4-H Clubs, County Agricultural Board, and Professional Workers of the county. Mr. A.L. Bennett, Sup't. of Schools, was selected to serve as chairman of the committee and Mrs. C.B. Nettleton, Chief of Civilian Mobilization in the Office of Civilian Defense was chosen co-chairman.

Several sub committees were chosen to carry out a more effective piece of work. A Radio Committee was appointed to sponsor Nutrition Radio Programs, a Newspaper and Publications Committee was appointed to give nutritional information through the press and to distribute printed matter to industrial workers. A Speakers' Committee was appointed to provide speakers for any organization desiring a person to talk on nutrition. Another committee was set up to plan nutrition work in the schools. Another group of three is working on nutrition courses to be sponsored by the Red Cross where instructors are available or by the State Nutrition Committee.

Nutrition for the industrial workers of the county has been secured from the State Health Department and is being distributed by the Home Agent to the Industrial Rayon Corporation, West Virginia Pulp and Paper Co.,

and Covington Weaving Mill. Approximately 9,000 or 5 to each employee have been distributed so far. Five radio programs have been given on nutrition. Twelve newspaper articles have been published emphasizing better food selection, proper storage of fresh and leftover foods, preparation of food and prevention of food waste.

A canvass was made in October by block leaders in Covington and the vicinity to determine the number of people interested in taking Nutrition Classes. Seven zones including 106 women requested Nutrition Classes. These classes are scheduled to begin in January and are to be taught by local women who have certificates in Red Cross Nutrition.

Nutrition courses are being taught in both the Junior and Senior High Schools in Covington by the two white Home Economics teachers and by the colored Home Economics teacher in the colored high school.

It is felt that some progress is being made in improving food habits and more will be made after another year.

### 3. Office of Civilian Defense

The Home Agent assisted the Chief of Civilian Mobilization, Mrs. C. B. Nettleton, in preparing Victory Garden Information for distribution by her block leaders in the early spring. Many other further requests were handled through the Home Agent's Office supplying material for Victory Gardens to the townspeople. Other work with the block leaders on the Nutrition Program has previously been reported.

### 4. Salvage Committee

The agent cooperated with the Salvage Committee in asking all club

members to save all waste kitchen fats, tin cans and clothing and to see that all were placed in proper channels for use again. Twenty-eight club members reported saving 176 pounds of kitchen fats. No report has been received on the other salvage collected.

#### 5. Ration Board

Assistance was given on the Food Rationing Program by eleven county women trained by the Home Agent. The women were stationed at various places of registration to give information on substitutes to be used in place of rationed foods and how to use their ration points in buying.

#### 6. School Lunches

Nutrition posters were given to the managers of two school lunch projects to promote better food selection by school children.

#### 7. Red Cross

The agent encouraged the club members to do all Red Cross sewing possible. Approximately 300 garments have been made by club members for the Red Cross.

#### 8. Others

Assistance was given to one Scout Leader in teaching a nutrition unit to a group of girls. At the conclusion of the unit the girls served a luncheon at their Scout Camp. The food that they served met all requirements of an adequate diet. Helpful literature was given to three other Scout Leaders to help them in their food work.

VII. An appraisal of the most significant contribution to the county in meeting war needs made by the Home Demonstration Program this year.

It is felt that the Food Production and Conservation Program has been the most significant contribution to the county this year. More people have been reached on correct methods of producing fruits and vegetables, the home meat supply, canning, drying and dehydration, storage of foods, and prevention of food waste than ever before. The results are not all that one could hope for but there has been much progress.

Many difficulties have arisen to make food production harder but the spirit of the county people has not lessened in spite of the obstacles.

Progress has been made in aiding rural people in their understanding of the food rationing program and price control policies. It has been found that when there is sufficient knowledge of a program there is more cooperation.

# **NEW COUNTY BEGINS**