

**ANNUAL NARRATIVE REPORT  
HOME DEMONSTRATION AGENT  
ROANOKE COUNTY  
1944**

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COUNTY HOME DEMONSTRATION AGENT  
DECEMBER 1st. 1943 - NOVEMBER 30th. 1944**

I	Cover and Title page-----	1
II	Table of Contents-----	2
III	Scope of Work-----	3
	A. Home Demonstration Clubs-----	3
	B. 4-H Clubs-----	3
	D. Number of families reached through Neighborhood and Community leaders-	3
	E. Number of farm families in Roanoke County-----	3
IV	Organization-----	3
	A. County Home Demonstration Commit- tee-----	3
	B. County Agricultural Board-----	4
	C. County 4-H Council-----	5
	D. Professional Workers Conference----	5
V	Leadership-----	6
	A. Adult Work-----	6
	B. 4-H Club Work-----	9
VI	Results-----	10
	A. Home Demonstration Clubs-----	10
	(a) Food-----	10
	(1) Production-----	10
	(2) Conservation-----	12
	(3) Nutrition-----	13
	b. Clothing-----	14
	(2) Conservation-----	14
	(b) Sewing Machine Clinics-----	15
	(3) Construction of Clothing-----	16
	(b) Remodeling Clinics-----	16
	(2)	

c. House-----	17
(1) Home Safety-----	17
d. House Furnishings-----	17
(1) Conservation-----	17
(c) Furniture Clinic-----	18
(d) Living Room Arrange- ments-----	18
(e) Home Management-----	19
(f) Consumer Problems-----	19
(1) Foods-----	19
(2) Clothing-----	19
(2) House Furnishings and Equipment-----	20
2. Home Demonstration Activities-----	20
a. Federation Goal-----	20
c. Other Activities-----	21
3. Account of years work of outstand- ing club-----	22
4. Home Demonstration women adjust to war conditions-----	23
B. Agricultural Board-----	25
C. 4-H Clubs-----	25
1. Project work-----	27
(a) Bread-----	27
(b) Clothing-----	27
(d) Home Laundry-----	28
(f) Gardening-----	28
(h) Child Care-----	29
(i) Housekeeping-----	29
(j) Stop Food Waste-----	30

(k) Canning-----	30
2. Health-----	31
3. Community Activities-----	31
4. An account of the work of one Club---	31
<b>E. Other Work Done by Home Demonstration Agent-----</b>	<b>32</b>
1. County Home Economics Worker-----	32
2. County Nutrition Committee-----	33
4. Salvage Committee-----	34
5. Rationing Board-----	34
6. War Bond Committee-----	34
7. School Lunch-----	35
8. Red Cross-----	35
9. Other Activities-----	36
<b>VII Significant Contribution to the County by the Home Demonstration Program in Meeting War Needs-----</b>	<b>36</b>

### III. Scope of Work

#### A. Home Demonstration Clubs

There are 15 Clubs with a membership of 313.

There is one Negro Club with a membership of 15.

#### B. 4-H Clubs

There are 13 Clubs with a membership of 301.

#### C. Older Youth

D. There are about 100 persons reached through special classes taught by the agent.

E. There were approximately 2,500 families reached by the Home Agent and community leaders.

F. Total number of families reached, approximately 3,000.  
There are 1,600 farm families in Roanoke County.

### IV. Organization

#### A. County Home Demonstration Committee

The Home Demonstration Committee is composed of the presidents of the fifteen Home Demonstration Clubs in Roanoke County. At the spring meeting of the committee it was decided to elect some member at large at the fall meeting. In accordance with the plan, three members at large were elected from different parts of the county and are to serve on the committee for a term of one year.

This committee has two regular meetings a year, one in the spring and one in the fall. Matters of business needing

immediate attention are attended to by the executive committee, composed of the officers: Chairman, Vice-Chairman, Secretary and Treasurer. This committee has had two meetings during the year.

The Home Demonstration Committee plans the program of work as derived from the reports of the respective club chairman. It plans what part the Home Demonstration Clubs will have in county wide activities - as County Campaign and Federation Goal. The committee sponsors 4-H Club work. It maintains a fund for leader training meeting expenses for both Home Demonstration and 4-H work, and other current expenses such as sending delegates to Federation Meetings. This past year the committee sent two delegates. The Home Demonstration Committee is represented on the County Nutrition Committee, The County board of Agriculture, the County Tuberculosis Committee and the Red Cross.

The Home Demonstration Committee sponsored the County Achievement Day program. They, by appointing committees, arranged for the program, lunch, exhibit, place of meeting, publicity and recreation. This committee serves as a means of coordinating the work in the county, thus enabling the agent to plan and carry out her work more efficiently, based on the immediate needs of the county.

#### B. County Agricultural Board.

Roanoke County is divided into 14 communities with 50 neighborhoods. Each community has a chairman and co-chairman, making a total of 28 community chairmen. The 50 neighborhoods have 100 neighborhood leaders, a man and woman for

each neighborhood.

The Board has its regular officers: chairman, co-chairman, secretary and professional workers assigned as sponsors of the various communities. The Board has had two meetings during the year, one in January on "Production Goals" which was attended by 75 people. The other meeting in August on "Program Planning", attended by 25 people. Following the meeting in January, community meetings were held in each of the 14 communities by the sponsors and community chairman.

The programs sponsored by the Board of Agriculture this year were: Food Fights for Freedom Program, Soil Conservation and The Production Goal Meetings. The women community and neighborhood leaders, sponsored the Food Conservation Meetings by arranging for the place of meeting, giving publicity and getting supplies needed for the demonstration.

This Board of Agriculture is not functioning as it should. There is definite need for a complete reorganization. With a functioning Board of Agriculture, much more effective work could be done in Roanoke County.

#### C. County 4-H Council

There is at present no county 4-H organization. Plans were formulated in October to organize a 4-H Council as soon as the 1944-45 Club officers were elected.

#### D. Professional Workers Conference

The Professional Workers Conference is composed of the following agencies: Vocational Agriculture and Home Economics Teachers, Home and Farm Supervisors of the Farm Security

Administration, Production Credit, Soil Conservation, Emergency Crop Loan, Key Bankers, National Park Service, Welfare Superintendent, Farm Credit Administration, Superintendent of Schools, Chairman of Triple A, County Farm and Home Agents.

The Professional Workers Conference has had three meetings during the year. The purpose of these meetings was to reorganize the group, to become more acquainted with the needs of the county, prior to the Board of Agriculture Meetings; to determine what groups were being reached by each agency; to determine how the various agencies could cooperate and coordinate their work for the betterment of Roanoke County. Each worker was assigned a community in which they were to serve as sponsor on the activities sponsored by the Board of Agriculture.

The home agent attended all meetings, helped arrange for the reorganization and served on the nominating committee. The home agent was sponsor of two communities. The home agent took the initiative in planning for the Food Conservation Program, which was carried out through the Professional Workers and neighborhood leaders.

The assistant and home agent attended the Food Conservation School, sponsored by the Vocational Home Economics and Agriculture. These meetings this year have brought about a better understanding of the work of all agencies. Yet there is much which this group needs to do.

## V. Leadership

### A. Adult Work

Each Home Demonstration Club has four officers: President, Vice-President, Secretary and Treasurer, making a total of

60 officers for the fifteen clubs. These officers serve in an executive capacity and are responsible for the organizational function of the club. These officers are trained to some extent in the Home Demonstration Committee meetings. The home agent through individual conferences has given each officer some help and furnished suggestions for improving the club programs. The Home Demonstration Handbook has proved to be most helpful to the club officers. These officers have given a total of 240 days to Home Demonstration Work.

Each Club has project leaders, varying in number from two to four with a total of 37 for the county, who have served this year. 29 training meetings have been held for these leaders. Five of these have been on a county-wide basis, four having been conducted by the specialists and one by the home agent. Other methods used to train leaders were in small groups or individual conferences; by having the leader attend a demonstration in another club. The latter serves two purposes - train the leader and also acquaints them with work of other groups. These project leaders have given 69 demonstrations without the agent. They have assisted the agent with every demonstration given in their respective clubs. These project leaders have given a total 476 days to Home Demonstration work. In one club the leader gave 9 demonstrations, in another 8 demonstrations and 5 other clubs had as many as 6 demonstrations by leaders.

The home agent took as her responsibility for all meetings to furnish leaders with sufficient illustrative material in addition to that prepared by the leader. When necessary as in all food demonstrations, recipe sheets were made up in suffi-

cient quantities for all who attended the meeting with enough extras to give those non-club members, reached by the club women.

Mrs. Paul Kesler Jr., of the Tinker Creek Home Demonstration Club, has attended all leader training meetings. She has given nine demonstrations in her own club. (The agent met with the club for the business meeting for four of these nine meetings. Following the business, the agent went to do other community work.) This club and leaders are quite pleased with their accomplishments for it was on the day their club was meeting that one of the new clubs was organized. Mrs. Kesler, after having attended the Machine Clinic, gave the demonstration in her club and then took the responsibility of the cleaning of five machines at the Red Cross sewing room in her neighborhood. In addition to the above, Mrs. Kesler, went in the homes of 6 non-club members, repaired, cleaned, adjusted and oiled 6 machines. Mrs. Kesler also serves as member at large on the Home Demonstration Committee. She was chairman of the Exhibit Committee Achievement Day.

During the month the home agent was iff the leaders took care of all meetings in their own clubs and other clubs in which the leaders had not been trained.

Conservation was the Federation Goal. Seven of the demonstrations were on "Conservation." The Federation Chairman, received training at the leaders meetings and through individual conferences with the agent. (See section VI - 2 - (a).

The community leaders had two training meetings conducted by the specialists. There was a total attendance of 79 at these two meetings. The home agent conducted one training meeting in

each of the communities she was appointed to sponsor. The total attendance at these two meetings were 16. There has been a total of 49 leader training meetings, including adult and 4-H leaders. The total attendance for these meetings has been 319.

The 13 garden and poultry leaders were trained by the agent and one meeting on poultry culling by the specialists.

Other types of leaders used in the various groups were: Devotional, War Information, 4-H, Citizenship, Recreation, Reporter and Salvage Leaders.

#### B. 4-H Club Work

The 10 clubs which met in the schools had sponsors who were employed teachers. These sponsors met with the clubs during the school months, assisting with the 4-H program, when and where necessary. They gave a total of 36 days to 4-H work and took the responsibility of 10 meetings in the absence of the agent. Two of these clubs had adult project leaders in addition to the sponsors. Three clubs met out of school and had an adult leader each, who served both as sponsor and project leader. These leaders gave a total of 15 demonstrations in the absence of the agent. The five adult project leaders gave a total of 20 days to 4-H work.

Plans were made for 25 adult leaders to assist with the summer projects. Due to the Polio Epidemic all meetings were cancelled after June. These leaders gave 10 demonstrations.

The 13 4-H clubs had a total of 91 club officers and 35 junior project leaders. These officers and leaders gave a total of 500 days to 4-H work. The junior project leaders and adult

leaders received training in small groups, individually and in one county wide training meeting which was attended by 25 leaders. Following each club meeting the club officers, sponsors, leaders and agent met to discuss the meeting just held and make plans for the next month meeting. At this meeting, the order of business, program and arrangement for the project demonstration were made. The junior project leaders got all supplies and made arrangements for the demonstrations. Junior project leaders gave a total of 18 demonstrations.

Each junior project leader was given a neighborhood group for the summer months. It was their responsibility to find adult leaders, places for meetings and notify agent and members as to time and place of meetings. These plans too were curtailed with the quarantine, due to Polio.

## VI. Results.

### A. Home Demonstration Clubs

#### (a) Food

##### (1) Production.

Each Home Demonstration Club had a garden chairman who was selected because of her interest and knowledge of gardening. This leader received a complete leaders manual on gardening, and received special training from the home agent. At each club meeting the garden leader gave timely garden information and in most instances conducted brief discussions on gardening in which the members participated. It was made known in the community that the garden leader had adequate information from the Extension

Service and upon request they could receive technical information from the bulletins - not available in sufficient quantities for general distribution. One leader reported having given information to 25 non-club members in addition to 20 club members.

The home agent visited many gardens, giving requested information. The neighborhood leaders were sent timely garden information for use in their neighborhoods. New vegetables were grown for the first time, particularly soya beans. The interest in soya beans came as a result of the demonstration in early spring on "Soya Beans Products in the Diet."

The club members reported having had 190 gardens with 46 year round gardens. Many families, particularly the more urban families, have grown gardens for the first time in the past two years. Mrs. W. G. Kent of the Vinton Club, remarked that they estimated their garden along with the canning and storage, saved them at least \$300 on their grocery bill last year.

The women who have gardens for the first time report that they are more conscious of quality and price of fresh vegetables on the market. They recognize that home produced vegetables are less expensive, save time in marketing and because of freshness are more palatable and nutritious. The home agent gave 45 days to food production and the leaders gave a total of 125 days. Assistance was given to the Fort Lewis School in planning cultivation and conservation of the school garden.

(2) Conservation.

All adult clubs had one meeting on "Food Conservation." These meetings were held on a community basis with special notices being sent to all people within reach of the group. Prior to the meeting the type demonstrations needed was discussed by the club members.

The type demonstrations therefore varied in the communities. Some were given an actual canning demonstration of fruits and vegetables; others on the use of war time canning equipment; some requested a discussion meeting. Information was given on use of freezer locker, dehydration and storage.

In addition to the regular Home Demonstration Club meetings there were 12 other food conservation meetings held in Roanoke County. These meetings were arranged through the women neighborhood leaders. The Home Economic Teachers, Farm Security Supervisor, home agent and leaders gave these demonstrations. From these Food Conservation Meetings, interest was manifested and as a result two Home Demonstration Clubs have been organized. The total attendance at the Food Conservation Meetings was 313.

One of the most interesting groups has been the negro group which is sponsored by the negro woman neighborhood leader, Rebecca Poindexter. At the first demonstration 20 negro women were present. They all learned to use the pressure cooker. In fact the cooker has been in use in that community from June to December. Two demonstrations have been given by the agent to that group of

negroes. They have canned hundreds of cans of fruits and vegetables. This is the first year they have not lost their canned corn.

The club members have reported the following amounts of food conserved; 29,245 quarts of fruits and vegetables canned; 1,851 quarts of meat; 88 gallons vegetables brined; 60 gallons meat and fish brined; 9,234 lbs. meat cured; 10,310 lbs. fruits stored; 10,093 lbs. vegetables stored; 44 lbs. fruit frozen; 46 lbs. vegetables frozen and 460 lbs. of meat frozen.

The home agent has had an opportunity to help with the Food Conservation Program at the Baptist Orphanage by furnishing new bulletins on canning, visiting the cannery and offering suggestions. This institution feeds 300 people daily, including children and staff members. They have built a small cannery containing boiling water vats and a pressure cooker. This year they have canned 10,000 gallons of fruits and vegetables, cured and canned 19,000 lbs. of pork and beef, stored 1,200 bushels of apples and produced wheat in sufficient quantity to furnish bread for the institution. The truck patches furnishes fresh greens during all seasons.

### (3) Nutrition.

Fifteen Clubs have had four demonstrations each on food, manely: Use of Soya Beans and Soya Products in the Diet; The Nutritious Packed Lunch; Dishes to Meet the Wartime Shortages and Christmas Cooking using Less Sugar. These demonstrations consisted of the actual

preparation of foods, plus a discussion of the nutritive values of foods prepared and their place in the family diet. Each person attending was given recipe sheets containing the recipes demonstrated, plus other good recipes.

The "Nutritious Packed Lunch" demonstrations were given in September during National Nutrition Month. Most of these meetings were all day meetings with the food demonstrated being used for the lunch for the group. These meetings were attended by 268 women. In addition to these the lunch suggestion leaflets were given to at least 100 non-club members.

The clubs had timely information on nutrition given at the regular club meetings. This was given by the nutrition chairman, leader or the president.

The exhibit at Achievement Day, illustrated some of the work done in the clubs on nutrition. This exhibit featured the Basic Seven Foods and their use in the Diet. A days menu of good meals and one of poor meals were shown by the actual foods and charts illustrating their relative food value.

The women in Roanoke County are conscious of the need for serving more nutritious meals. All club reports show that club members are serving more nutritious meals. The importance of "Good Nutrition" has received major emphasis by all clubs.

b. Clothing.

(2) Conservation.

Two clubs had demonstrations on "Dry Cleaning in the Home." These meetings were attended by 26 women who were shown the kinds of dry cleaning solvents to use; woolen and rayon garments were cleaned and pressed. These meetings were held in the spring and along with the cleaning, information was given on how to store woolens. These women have cleaned 15 garments.

(b) Sewing Machine Clinics.

Roanoke County has had 10 machine clinics and a leader training meeting on repair of machines. The leaders have held six of the clinics and assisted the agent with the other four. 75 machines have been cleaned and repaired at these clinics. In addition to these 75, 8 other machines have been cleaned and repaired with the help of the leaders, bringing the total up to 83. The current price of cleaning a machine in this vicinity is \$6.00, thus the saving to Roanoke County women is \$498.00.

Some interesting comments were made on this work as being among the most helpful information received from Home Demonstration work. Mrs. Dan Palmer of the Bend Club had her machine set aside ready to trade in on a new one when she could find one. Now her machine works like new she says, at the cost of a days work, plus 15¢ for a new spring. Mrs. R. O. Walker had a second hand machine bought for \$5.00 that the dealers refused to accept on a trade. Mrs. Walker's machine is now in good condition and sews beautifully.

### (3) Construction of Clothing.

As a continuation of a portion of the 1943 program of work there was interest in clothing, due to the present war time conditions. There were four demonstrations given on construction of clothing. 1,289 new garments were made as a result of these demonstrations. Special emphasis was given to childrens clothing as it was so noticeably absent from the market. Mrs. P. E. Abalt, leader of the Vinton Club, made a complete outfit for her son, consisting of trousers, coat, overcoat and cap. She got the material, 100% wool, mill ends for \$1.50. Thus she saved at least \$10.00 or \$15.00 on that one outfit. She has also found that by making his corduroy overalls she can make three pairs for the price of one ready made pair. Many women reported similar savings.

### (b) Remodeling Clinics.

Nine clubs had remodeling clinics with an attendance of 109 women. 401 garments have been remodeled as a result of these meetings. Types of remodeling done were: remake sleeves and pad in accord with current style; change neck lines, shorten, combine two dresses into one, add collars, dickeys, adjust waist line, remove excessive fullness from skirts in accord with current styles and making an entirely new garment from old ones.

Mrs. J. R. Howell, who had not sewed so much,

made her seven year old boy a suit from one of his fathers old ones. Mrs. Paul Kesler Jr., took a ten year old maternity dress and with the use of a Vogue pattern, has a very striking, smart black fall dress. One would never guess its origin. The cost \$1.00 for the pattern. Mrs. H. M. Robertson, of the Bend Club, has a very smart fall two tone suit, bag and hat to match which she made from an old aqua coat and an old brown suit she had had for years. These remodeling clinics have led the women to request a Tailoring School as a part of their 1945 program of work.

c. House.

(1) Home Safety

The home agent and the executive committee of the Home Demonstration Committee, attended the State Safety Meeting, in Roanoke in May. Following this meeting each club was asked to have some information given at club meetings on "Safety in the Home." This was done in 8 clubs.

d. House Furnishings

1. Conservation.

- (a) One demonstration was given on "Cleaning Woolen Rugs, Upholstery and Tapestry." This meeting was attended by 12 women. This demonstration was given on request to a neighborhood group, which has recently organized a Home Demonstration Club.

(b) One demonstration was given on "How to Clean Furniture" to a group of 10 women. Information on cleaning furniture has been given to at least 75 people.

(c) Furniture Clinic

Four furniture clinics have been held during the year. These meetings were given jointly by the agent and leaders, with an attendance of 57 women. As a result of these clinics 56 pieces of furniture have been repaired, 78 pieces refinished, 30 pieces upholstered, 52 pieces slip covered and 29 chairs reseatd. Springs have been retied in 6 cushions and in two morris chairs.

(d) Living Room Arrangements

Nine clubs have had demonstrations on Living Room Arrangement. Five of the demonstration were given by the club leaders. The purpose of these demonstrations was to take the furnishings on hand and without an outlay of money make the living rooms more livable, by being attractively and conveniently arranged to meet the needs of each individual family. These demonstrations were held in the homes of the club members. All furnishings and Bric-a-bac were removed prior to the meeting. The demonstration consisted first, a discussion of the family, its members, their work, habits, likes and dislikes. With that knowledge in mind, the women set to work and arranged a more attractive and livable room. 33 living rooms have been rearranged as a result of these meetings. These demonstrations gave the women a dseper appreciation of good pictures, good lines in furniture, artistic

arrangement and that beauty, color and attractiveness were possible without spending money.

(e) Home Management

Twelve clubs had demonstrations on kitchen arrangement. These demonstrations consisted of rearranging the equipment to save time and energy, with some suggestions for the Post War, Kitchen, when equipment will be available. 76 kitchens have been improved as a result of these demonstrations.

(f) Consumer Problems

(1) Foods.

The demonstrations on foods were planned to help the homemaker meet the wartime shortages, to use foods in seasons with emphasis on the abundances and the use of home grown and home canned products. Demonstrations contained suggestions for meat extenders and substitutes. Along with the demonstration, rationing and ceiling price regulations were discussed frequently. Some discussion was given on present government labels and standard food value of high cost, versus lower cost meats, and canned goods. The women were free to ask questions and interest was noted in this phase of foods.

(2) Clothing

The conservation program on clothing brought out many clothing problems facing the consumer. The home maker was helped on this by the conservation and construction of clothing as discussed in Section 3 of this report. The clothing prob-

lems recognized by the home makers was responsible for including two demonstrations on "What to Look for in Buying Fabrics, Hose, Shoes and Readymade Garments", and a Tailoring School in their 1945 Program of Work.

### (3) House Furnishings and Equipment.

The conservation of Furnishings and Furniture, discussed in Section D of this report cite what was done to help the home maker solve her problems along this line during the war period.

Due to the absence of electrical appliances on the market and a shortage of help in the electrical repair places, one demonstration was included on the "Repair of Household Equipment." One leaders training meeting was given by a representative of the Engineering Department of V.F.I. Nine clubs were represented. As a result of that demonstration 102 appliances have been repaired which otherwise would not be in use at present. Irons, ironing cords, toasters, vacuum cleaners, refrigerators, lamps and lamp cords and washing machines have been repaired. Along with the actual repair of these appliances, definite information on the care and use of these appliances were given special emphasis.

## 2. Home Demonstration Activities.

### a. Federation Goal

Conservation was selected as the Federation Goal.

The Home Demonstration Committee, appointed a county

goal chairman, with a chairman in each club. The following demonstrations were given: Conservation of Conservation of Clothing, Household Equipment, including sewing machine clinics, conservation of foods, conservation of furniture and house furnishings.

Special emphasis was given to Food Conservation in the June meetings. Each Home Demonstration Club sponsored a community meeting on "Food Conservation." 231 women attended these conservation demonstrations. (See Section VI 1-a for figures on results.)

#### c. Other Activities.

The Home Demonstration members have given eight of the radio broadcast sponsored by V.P.I.

The Needle Work Guild, is a community project which has as its purpose furnishing food and clothing to the needy, particularly school children. Five of the clubs contribute regularly by giving money or articles of clothing.

Three clubs contribute regularly to the support of the Mercy House, the County Home for the poor. The Lakeside Club made a quilt and donated it. Then each month they contribute toilet articles or any additional necessities not furnished by the county to one ward. These contributions average from one to one and a half dollars a month.

The Vinton Home Demonstration Club is cooperating with other civic organizations in the town, toward securing a Recreational Park for the town in honor of the

War Veterans. The club voted to assist in securing funds and to help in any other way possible. The club members reported having given 465 hours to Red Cross work. 31 women reported having helped in selling War Bonds.

Five clubs contribute to the U.S.O. and Mothers Club in Roanoke by serving as hostesses and furnishing food. The Starkey Club furnishes the food for one weekend a month. Mrs. Flora who serves as hostess on their weekend, reported that they served 98 free dinners on the Sunday she served.

The Home Demonstration Clubs cooperated 100% in the Achievement Day Program. 39 women, representatives from all clubs, served on the various committees necessary to make the day a success. The entire program, except the main address, was handled entirely by the club members. The program consisted of devotional, special music, a delicious lunch, a recreational program and an educational exhibit. 112 women attended the meeting.

### 3. Account of years work of outstanding club.

The Lakeside Home Demonstration Club has a membership of 39 members with an average attendance of 25 for all the meetings during 1944. The members of this club are all urban folks but intensely interested in all phases of Home Demonstration work.

The club has had 12 regular meetings during the year following the county program, putting in one day furniture clinic and one day quilting for the Mercy House, making a total of 14 meetings during the year. The project leaders

have given six demonstrations in their own club and one in another club making a total of 7 demonstrations.

All officers have taken initiative and responsibility in carrying out the years work. In addition to officers and project leaders the club had eight other chairman or leaders for various club activities.

The members reported having canned 3,708 quarts of fruits and vegetables, stored 790 lbs of fruits, 1,808 lbs. vegetables and 350 lbs. of meat. 11 machines have been repaired, 180 new garments made and 57 remodeled, 6 kitchen improved, 10 pieces furniture repaired, 25 pieces furniture refinished, 10 pieces upholstered and 5 pieces slip covered.

Mrs. J. M. Wigginton reported having made 104 lbs. of American Cheese.

Information received at club meetings has been given to 80 non-club members.

The Lakeside women have given 6 days to war work, 456 hours to the Red Cross and 23 hours to the War Mothers Club. The Club contributes regularly to the Mercy House.

The Lakeside Club has been represented at all county meetings, including Home Demonstration Committee and Leaders Meetings.

4. Home Demonstration women adjust to war conditions.

Mrs. Sylvia N. Seibel of the Vinton Club, is a mother of six children and lives on a farm. During the past year her husband has been employed as manager of the Production Credit, which takes him away from the farm. Mrs. Seibel gave the following as her report: " I drove the school bus three and one

half hours per day 5 days a week, during the school term. I helped superintend and worked on a farm containing 120 acres. we milked 22 cows. I kept my children in school and with their we did our house work." Mrs. Seibel continued to attend the Home Demonstration Club fairly regularly, but when absent kept up with the work that was being done in the club.

Mrs. D. C. Bowling of the Bend Club, has a family of 8 at home and two boys in the service. She has attended all Leadership Training Meetings and given 8 demonstrations and helped out with others. Quoting from her report, "I demonstrated cheese making to 17 non-club women. I have made 85lbs for home use and friends."

Mrs. B. H. Turner of the Fort Lewis Club, "My contribution this year has been helping 8 inexperienced women non-club members with canning. Until this year these women had not been successful with their canning."

Mrs. A. A. Green of the Tinker Creek Club, "In addition to canning for my own family I have canned my surplus for two young wives, who spent their summer near army camps with their husbands. The husbands are now overseas and the wives and their children are back in our community."

Six members of the Fort Lewis Home Demonstration Club, after having shopped for childrens clothing, found a scarcity on the market and the few articles on the market were far too high to come within their budget. These women got together and planned to go, all in one car, to a mill in a nearby town to see what they could find.

Mrs. Crud Frazier, a leader of the Fort Lewis Club, has five children to clothe - 18 to 9 years of age. Mrs. Frazier,

bought by the pound \$6.30 worth of material, 55% wool the other rayon and cotton. From this she made 2 size 16 suits with tailored jackets and pleated skirts, 1 size 14 suit and 1 size 12 suit. By utilizing some material all ready on hand and by buying some for linings the whole 4 suits cost her only \$10.30 plus the 50¢ she paid as her part on the car expense for the trip. Mrs. Frazier's son needed an overcoat. The cheapest one she found was \$11.95 and only 50% wool. She bought 100% woolen material and water proof twill and made him a reversible coat. To match the woolen side of the coat she made knickers, which she lined with sateen and used bought knitted cuffs, and a bill cap to match. To wear with the tan twill side she made jodphurs and a tan bill cap. She had all button holes worked by a tailor. The total cost of the whole outfit was \$11.56. She not only saved a small sum of money but has now two good outfits for her son which will last several seasons, because she made it so each garment could be made larger as the boy grows. Then too she has much better material in the garments plus an excellent job of construction.

#### B. Agricultural Board.

The County Agricultural Board has held two meetings this year. The home agent helped with planning these meetings. The programs sponsored by the home agent were: "Food Conservation" which was a continuation of the "Food Fights for Freedom" which was launched last December. The home agent sponsored Production Goal meetings in two communities.

#### C. 4-H Clubs

1. Project work

(a) Bread.

The Bread Project was selected by the majority of girls. The quick bread demonstrations were given by the agent during the winter months, as each club in Roanoke County is given 2 hours for a meeting. The yeast bread demonstrations were planned to be given in the summer project meetings. Due to the Polio quarantine only 8 of these were given. During the year 8 girls gave demonstrations on breads. The junior project leaders assisted with all demonstrations. 130 girls completed the bread project, yet 200 girls and 4 boys, have made bread after having attended a bread demonstration. Bread has been made 3,294 times with biscuits ranking first.

Mary Hancock Coles of the Bent Mt. Club, has the outstanding record for making bread. Mary, after having learned to make bread in the 4-H club, took the responsibility of making bread for her family. The Coles family has eight members so it was a real contribution for Mary to assume this work. She made loaf bread 2 times, biscuits 300 times, muffins 10 times, cornbread 55 times and other breads 100 times. Mary gave two demonstrations, one on rolls and one on cinnamon buns. Her mother expressed her delight in Mary's 4-H work and commented on how much it meant to her to have Mary take the bread making as her part of the cooking.

(b) Clothing:

The clothing project was selected by 58 girls with

26 girls completing. Only 4 of the summer project meetings were held which accounts for the small number of completions. However, the total reports of clothing work including those who completed the project and those who did some work are: new garments made 124, remodeled 54, mended 266, laundered 356. Individual help was given to the girls by the agent when home visits were made.

(d) Home Laundry.

Only 3 girls completed the home laundry requirements, yet other club members reported as having helped with the large laundry. The girls reported having helped with the washing 311 times, with the ironing 532 times, 29 girls reported having improved the setup of family washing and ironing.

(f) Gardening.

Sixteen girls enrolled in the Sears Roebuck Garden and Canning Project and 14 other helped with the family gardens. Each of the girls had at least 16 varieties of vegetables in their gardens. The parents of the girls were very much interested in the gardens and were most expressive of the appreciation of the help received in improving the home garden. Betty Tice mother had never grown green peas successfully. This year because of using good seed and planting at the right time she had an abundance of peas for the table and to can. The home agent showed Betty and her mother how to can peas.

The drouth in some areas and a flood in other areas damaged the gardens to some extent. The value of the gar-

dens to the families was estimated at \$50.00 per garden. The girls used their products largely for family use and to can. Nadine Kebler of the Mt. Vernon Club, canned 100 qts. from her garden, furnished vegetables for the family use in the summer and sold enough to buy a \$25 War Bond. In October, Nadine had a lovely patch of salad greens, carrots, turnip and winter onions to supply the family table. Nadine canned 106 qts. alone and helped her mother can 900 qts. of fruits and vegetables. Nadine assisted in improving the storage cellar in her basement.

Elizabeth Wright of the Catawba Club, had the only garden the family had to supply vegetables during the summer for their family of five. The garden projects have been most worth while.

(h) Child Care.

Seven girls enrolled in the Child Care Project and seven girls reported having completed the project. There were no demonstrations given on this but the club members used the manual prepared for the project and were given some help by the agent. Including the work done by the 7 girls and other club members who did some work on child care, reports were: cared for children 1,700 hours, bathed and dressed children 987 times, prepared food and fed child 466 times, directed play 898 times. The majority of members caring for children did it so the parents could work, either in town on war work or on the farms.

(i) Housekeeping.

108 girls enrolled in this project, with 97 completing.

All 97 cared for a room daily for two months or more, 91 girls rearranged the bedroom, 75 the dining room and 88 the kitchen. 77 washed dishes regularly, 67 set the table regularly, 51 provided places for cleaning equipment, 73 improved storage of personal things, 32 pieces of furniture were repaired, 45 sheets lengthened and 25 table mats made.

The total report for all 4-H Clubs doing some work on the housekeeping project were caring for room 454, washed dishes 757, making beds 633, set table 696, cleaned lamps 162, cared for garbage 125, cared for stoves and fire places 55.

Demonstrations on making beds, cleaning furniture, dish washing, and setting table, were given at the project meetings. These were given by the 10 junior project leaders and the agent.

(j) Stop Food Waste.

27 girls enrolled in this project with 13 completing. All 13 girls cooked and served greens 201 times, potatoes 603 times, other vegetables 909 times, raw vegetables 430 times, left overs 409 times. All 4-H girls sold 271 lbs. of salvaged fats.

(k) Canning.

42 girls enrolled in the canning project. These girls canned alone 1,212 qts. of tomatoes, 679 qts. of other fruits and vegetables, assisted with 5609 qts., dried 63 lbs. fruit and 87 lbs. of vegetables. 4 girls improved the storage place for canned fruits.

The girls received individual help from the agent and neighborhood project leader and from government bulletins and 4-H material, as the girls could not come together for a meeting.

## 2. Health.

Emphasis was given in all clubs on Good Health through Better Nutrition. Two joint meetings of the boys and girls clubs were devoted to the above. One consisted of an illustrated talk on "The Basic Seven Foods." The other meeting was a series of movies and a talk on "Good Nutrition" given by the home economist with the Dairy Council. At each club meeting some mention and check were given to the dietary habits of 4-H members.

## 3. Community Activities.

Club members participated in the Bond Drives by buying stamps and bonds. Nadine Kesler took the profits from her garden project and invested in a bond. 4-H club girls collected and sold 271 lbs. salvaged fats. They worked cooperatively with the schools in the collection of paper and tin cans. The Fort Lewis 4-H club members assisted with school garden. Many families were given information on "The Food Fights for Freedom Program" through the 4-H members. One group of club members hemmed tea towels for the school. 4-H members have collected milkweed pods.

## 4. An account of the work of one Club.

The Bent Mt. Club has a membership of 25 boys and girls. It is the most typically rural of any group in the county

and its membership is made up of both grade and high school age. Miss Mary Turner, sponsor of the club has served in that capacity for 15 years. The adult leader, Sudie Tinsley Angle is a former 4-H Club member. The club has had 9 joint meetings of boys and girls, one recreational meeting and 10 project meetings during the year. Two of these project meetings were held by the leader in the early summer; the other 8 by the agent at the school as the club is allowed two hours for the joint meeting and project meetings. The club officers have accepted responsibility in a fine way. In addition to the above meetings the girls had a garden tour when 9 girls visited the three Sears Roebuck garden project, conducted by the Bent Mt. Club members.

16 Bent Mt. Club girls completed a total of 40 projects. The Bent Mt. Club members have bought stamps and bonds, collected waste paper and salvaged fats. All members have taken definite responsibilities to release older people for farm work. 10 or 12 of the girls worked in the apple harvest, others did farm chores. One 17 year old club girl took care of her fathers country store for the summer and assisted with the small post office in the store in order that her father could work fulltime on the farm.

The parents, leaders and teachers have cooperated 100% with the agent and club members in making Bent Mt. A good 4-H Club.

#### **E. Other Work Done by Home Demonstration Agent.**

##### **1. County Home Economics Worker.**

The home agent is a member of the Home Economics group in

Roanoke County. This group has had 3 meetings during the year. One meeting was to discuss the needs of the county, relative to the Food Conservation Program, and to become better acquainted with work done by the three agencies; Extension, Farm Security and Vocational Teachers. A meeting was held later at which time 26 food conservation demonstrations were scheduled, based upon the report of findings of a questionnaire sent to neighborhood leaders. Each worker took a certain number of groups, the home agent being responsible for the 13 clubs organized at that time and five additional neighborhood groups. The home agent is chairman of the program committee of the West Central District of the Virginia Home Economics Association.

2. County Nutrition Committee.

The home agent is sponsor of the County Nutrition Committee. This committee is composed of lay people with the Professional Home Economic Workers serving in an advisory capacity. This committee supported the Food Conservation Program in the county; arranged exhibits in the store windows during National Nutrition month; wrote articles for the local papers and had a representative speak at the County Teachers Association. A radio broadcast was given on nutrition by the committee, the home agent having arranged for the broadcast. Two representatives from the committee appeared before the Town Council of Salem, relative to the method of the sale of milk in local restaurants. As a result a study of the ordinance is being made. One restaurant has begun to sell milk in one half pint bottles. The committee has secured Basic Seven Charts, for

every school in the county, and is supplying the class room teachers the Wartime Nutrition Guide, upon request. The Home Demonstration Clubs cooperated with the nutrition committee by having "The Packed Lunch" demonstration during National Nutrition month. The exhibits at the Achievement Program centered around Good Nutrition.

#### 4. Salvage Committee.

The Home Demonstration and 4-H Clubs were kept informed by the home agent and leaders on the needs of the salvage committee. Both 4-H and Home Demonstration members contributed paper and fats regularly. Collection points were given publicity by these groups.

#### 5. Rationing Board.

The home agent assisted with the rationing of canning sugar, by taking application blanks to the Home Demonstration Committee meetings and explaining the form. These blanks were taken into all communities served by the clubs, either by the agent or club leaders. Time was given at each meeting to explain how to fill out the blanks. The blanks were also explained to older 4-H Club groups. The ration blanks were also given out and explained at the neighborhood Food Conservation Meetings. The Ration Board reported that the above was most helpful.

#### 6. War Bond Committee.

The home agent does not serve on this committee but cooperates with the committee. Each Home Demonstration chairman has given timely talks on the importance of buying War Bonds.

31 members have sold stamps and bonds, in addition to buying them. 4-H members are urged to buy stamps. 4-H Club garden prizes were given in war stamps.

The Home Demonstration committee, voted to put the \$1,000 they had on savings for a Recreation Camp, into War Bonds.

#### 7. School Lunch.

The elementary schools have the hot lunch program. The home agent has held conferences with the school principals on request. Information on nutrition, food conservation, storage, recipes and menus have been given. The home agent has visited the lunch rooms in the county and has given suggestions to the workers.

The Fort Lewis School, had a school garden. The home agent advised with the principal on the planning, cultivation, conservation and storage of the garden products. The Fort Lewis Home Demonstration women have help with the canning.

From this garden 1,400 qts. of vegetables were canned, 73 bushels of potatoes and turnips were stored. The garden has been a tremendous help in serving the 4,573 meals each month to the school children.

#### 8. Red Cross.

The home agent is a member of the Red Cross Nutrition Committee, which meets once a month. In addition to that the Red Cross Nutritionists and the home agent keep in close touch as to the type work being done in each field on nutrition. The Nutritionists has attended Home Demonstration county meetings in order to be more informed as to the Home

## Demonstration work in Roanoke County.

### 9. Other Activities.

The home agent is a member of the Roanoke City-County Welfare Conference, which is composed of all agencies which work with the people on a social, economic or educational program in the city and county. This conference meets monthly and has a membership of sixty representatives. The programs deal with some current issue pertaining to community life, with suggestions and requests for securing coöperation of all agencies. This contact has helped the home agent, first by becoming acquainted with the personnel and work of other agencies; second by giving to the group information as to the set up and scope of Extension Work in Roanoke County.

The home agent is a member of the Roanoke County Tuberculosis Association. This committee sponsors the sale of the Christmas Seals; arranges for the finances and X-Ray Clinic once a year for all school children and adults who wish to attend. The committee also sponsors an educational program on Health, which is carried on through the schools, 4-H and Home Demonstration Clubs.

The home agent has given some assistance to the Farm Labor Program in the County. This was done by attending a number of conferences, relative to the Labor Problem, in this vicinity, by explaining at meetings the plan for securing help on farms, by giving publicity as to the need for extra workers during the peak seasons.

## VII. Significant Contribution to the County by the Home Demonstration Program in Meeting War Needs.

Home Demonstration Work has long been recognized in Roanoke County as necessary to the betterment and enrichment of rural life through its educational program for youth and adults. The women have learned to look to the Home Demonstration program as a source of information on all phases of home making. Through the Home Demonstration organization and neighborhood groups, women have been kept informed on the current regulations governing the sale of foods, clothing, household furnishings and equipment. Through these studies they have been helped to realize the vast importance of conservation, the need of full cooperation with the government in holding down prices by price control and in buying war bonds.

Many problems have been created by the war that have caused women much concern. The current Home Demonstration program has given women much help on keeping their families well fed, well clothed and comfortably housed without spending too much money. The above entailed a unified effort on the part of the women to produce and conserve as much food as possible, to remodel old clothes, do more home sewing, repair, refinish and take better care of furniture, conserve time and energy, thus finding more time for keeping up family morale and doing duties outside the home to help in the war effort. The clubs have offered a source of spiritual strength, with emphasis on true values. These, the women receive from their fellowship and association with other club members.

The Home Demonstrations Clubs program has created thinking on the part of the women toward the Post War Period.

The value of the program to the women can be cited by the

fact that two new clubs have been organized and the total membership has increased from 256 to 313 this year. 171 demonstrations have been given with a total attendance of 2,043 women.

The 4-H members have made definite contributions in that they assumed definite responsibilities for helping with the home work daily. They produced and conserved food, made clothing, prepared meals, assisted in scrap drives, bought stamps and bonds and held down part time jobs once held by grown ups. One important contribution was that 4-H members received training in good citizenship by being club officers, taking part on club programs, keeping informed on current events, attending short courses, giving radio talks and by being trained to give project demonstrations.