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ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION AGENT
GILES COUNTY
VIRGINIA

✓ HOME DEM AGENT ANNUAL REPORT

1942

Mrs. Grace C. Robertson

December 1, 1941 - November 30, 1942

REPORT FILES
EXTENSION WORK

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III. SCOPE OF WORK

- 15 Home Demonstration Clubs with membership of 225
- 8 4-H Clubs with membership of 118
- 1 Older Youth Club with membership of 30
- Neighborhood and community leaders reached 1000 families
- Special classes by agent reached 40 families
- Total different families reached 1000
- Total number farm families in county 1330

IV. ORGANIZATION

County Home Demonstration Committee

The county home demonstration committee is composed of the president and vice president of each Home Demonstration Club in the county. This committee sets up the plan of work for the clubs and they adopt it to meet their individual needs. The only new development this year was that fewer meetings of the committee were held due to transportation difficulties. Formerly the group has set up committees composed of the members from several clubs to handle the various phases of planning. This year all members on a special committee were appointed from one club so the transportation problem would be lessened.

Through the wise planning of this committee a great deal was accomplished with the food for freedom and conservation programs. This is discussed in detail under project work.

County Board of Agriculture

The County Board of Agriculture is composed of a man and woman chairman in each of the county's ten communities. The communities are divided into 44 neighborhoods with men and women chairmen. There are 20 community chairmen (10 men and 10 women), 77 neighborhood chairmen (37 men and 40 women).

This organization has attempted to keep Giles rural families informed regarding many educational war programs. This Board sponsored the Victory Gardens, Farm Labor Survey, Anti-Inflation, Food Preservation, Prevention of Forest Fires, Farm Machinery Repair, Sewing Machine Repair and War Bond Programs. Plans are being made for the Share the Meat campaign.

The leaders have tried to become familiar with these programs themselves and give others in the neighborhoods leaflets and an understanding of these things. This understanding has been attempted sometimes with demonstration, by a chance visit with the neighbors at Church or at the country store, with neighborhood meetings, special visits and letters.

Professional Workers Council

The professional workers council is made up of the Agricultural and Home Economics teachers, the Farm Security Workers, representative of Public Welfare, County Health Nurse, Supt. of Schools and Extension Workers.

This group has held 4 meetings during 1942 to discuss various programs undertaken and to coordinate all agricultural programs through the county board of agriculture. These workers divide up the communities in the county and train the community and neighborhood leaders in the various programs put on. The home agent has served one and usually two communities in training for these programs.

The home agent serves as chairman of the Agricultural Home Economics Workers. These workers gave canning demonstrations in each neighborhood. Further details regarding this may be found on page II. Information regarding Sewing Machine Clinics held by professional workers may be found on page 12.

V. -- LEADERSHIP

Adult

There are 55 women serving as officers of the 15 Home Demonstration Clubs. These officers were trained at meetings or by mail. Instructions as to duties were given each by the agent.

Fifteen Health Chairmen made monthly reports on some phase of health at each club meeting. Material for reports was sent from agent's office.

Forty women served as project leaders during the year. Different women served as leaders for different demonstrations. They were appointed from month to month by the president. The agent did not feel that this was as effective as having two leaders responsible for all demonstrations and this method was returned to for 1943. The use of different women each month or even a skip of a month or two between demonstrations did not give the leader enough security and practice to make them as effective as when they give a number of demonstrations straight through. Sixty demonstrations were given by these women. Thirteen leader training meetings were held to train them. Three by the specialists and 10 by the agent. Due to transportation difficulties more training meetings were held than formerly so that leaders would not have far to travel. Sometimes the agent trained the leader individually for the demonstration.

There are 94 community and neighborhood leaders. Five training meetings were held by the agent with these leaders. Other meetings were held by other agricultural workers. It is estimated that the 94 leaders gave 400 days of voluntary work to the various programs.

4-H

There are 40 4-H boys and girls who served as officers of the 8 4-H clubs in the county. These girls and boys are full of pep and enthusiasm in their 4-H work. Several of the presidents have served as project leaders.

Three adult leaders were secured for 4-H leaders this year but the club members had to lead the leaders. Ten demonstrations were given by girls and 6 by adult leaders. Nine other meetings were conducted by 4-H members.

VI. RESULTS

Home Demonstration Clubs

Food

Production

Fifty per cent of the farm families in home demonstration work increased their poultry flock during the year. Thirty five per cent had more pork and forty per cent more milk. Each club used their March meeting for the discussion of the production of pork, poultry and dairy products. In most clubs three women gave reports on these three products showing the nutritive value of each, the need for production for war. Women were urged to increase the amount of eggs per hen and amount of milk per cow through better management rather than by increasing the number of hens or number of cows. Leaflets on good management practices were given each member present and she was asked to spread this information among her neighbors.

Where it was possible every home demonstration member produced a Victory Garden. Fifty per cent reported their gardens were better than usual. Only four per cent reported poor gardens. The February meeting was devoted to gardening. Helpful hints were given by the leader in charge. Many of these women were already raising good gardens during mid-summer but few last until

early fall or plant winter vegetables. Some improvement was made along this line in that 60 per cent of the members report that they made more plantings of vegetables and planted more different vegetables than usual.

Conservation

Best methods of canning and drying fruits and vegetables were demonstrated in each home demonstration club during June. For years these women have had canning work in their clubs. Leaders felt that new interest was needed and that this must not be just another canning demonstration. The clubs decided to sponsor jointly with the neighborhood leaders of the Agricultural Board a canning and drying demonstration in their neighborhood. The home demonstration women tried to interest as many of their neighbors as possible in coming. The demonstrations were given by home economists. The agent gave canning and drying demonstrations to unorganized groups while one of the other home economists gave these. In other words she traded groups with some other home economist. All women were given canning leaflets. Attendance at these meetings was very good and interest good. Forty per cent of the members reported that they canned more than their canning budget this year.

Meat canning has been demonstrated at the November meetings. Women have been urged to use every bit of their meat and let none go to waste. Uses for the jaw, feet, ears and other variety meats have been emphasized. Bulletins on curing pork and canning meat have been given each member attending.

Many families made a special effort to make their vinegar this year.

September meetings were devoted to a study of storage. 60% are following recommendations in fruit and vegetable storage. Thirty per cent improved the place for food storage.

Giles food program was so planned that in the first part of the year the women planned for production. Helps with production were given all along. In the seven months emphasis was placed on canning and other methods of preserving food and in the fall storage demonstrations and meat preservation methods were given.

Nutrition

One demonstration was devoted to the use of whole wheat products. The agent was pleasantly surprised to find that fourth percent of the members

reported having used some whole wheat flour. A very small number of women said they were using whole wheat flour when asked about it at the demonstration.

Women who buy bread were urged to buy enriched bread and the value of enriched bread was explained. The agent spent some time talking with the local miller regarding his making enriched flour. If rural people demand it enough they may get it.

About 50 percent of the women report that their families have consumed more milk and green vegetables this year. This seems to be an indication that they are better fed.

At the February meeting the agent portrayed with a chart the value of vegetables to the body. Many of the women went home and planted some turnip greens when they found out their food value. The health chairman of each club gave the women information on balancing meals and also a lesson on the place of milk in the diet. Each woman was given a nutrition yardstick to hang in her kitchen. 80% of the women reported that as ^{the} part in the war effort they had tried to serve their families better meals.

Sugarless recipes were distributed to all club members. Sugar rationing was explained and women urged not to hoard and use only amount needed.

In the food program, homemakers learned that their duty was to produce more, waste nothing and feed their family well balanced meals.

Clothing

Restyling clinics were held by each club during the month of October. Making last years and older garments do for this year was another way the homemakers contributed to the war effort. Many dresses were made over, coats remodeled and some men's suits made into dresses for the women.

Care of woolens was the subject of the May demonstration in each club. About 150 women were given help with storing wool garments so moths wouldn't destroy them during the summer months. The correct way to wash a sweater was shown. The women have found that properly washed sweaters wear twice as long.

Home Furnishings

All furnishings need to last as long as possible so home demonstration women studied care and cleaning of upholstery and varnished furniture. Ten percent of the women report cleaning furniture by these methods.

Home Management

Household Equipment

Care of household equipment was stressed by every club. Women learned how to make electrical appliances last longer and practically every woman who has electrical equipment is attempting to care for it properly.

Women reported cleaning 50 rugs by the soap sud method.

Kitchen Arrangement

Kitchen arrangement was studied by about 100 women during January. The homemaker needed to make every minute count this year especially, so 42 of them improved their kitchen arrangement so that they would use less energy during the year. All of the women made some improvement in their kitchen.

Mrs. Will Porterfield, Mt. Lake, is quite a carpenter herself. She made for her kitchen several storage cabinets and put in a sink. The work really looks like that of an expert.

Miss Viola White, Bane, built several storage cabinets and a wet garbage container from scrap lumber already on hand. This serves to make her kitchen much more convenient, because she had almost no place to store kitchen utensils.

Farm and Home Unit Demonstration

The agents have strived to help the R. H. Spangler family get their home running on a sound basis.

The main approaches this year have been on growing and preserving the family food supply.

Last year the food bill was quite high, garden poor and little canning done.

The garden was better this year and an effort was made to save every thing. The family has their basement filled with a well balanced lot of canned foods, fruits and vegetables of all kinds. Meats will be canned in a few weeks. They have a nice supply of apples and potatoes. Food bills have been cut.

Special help has been given the family with their poultry. Mrs. Spangler has learned how to call her flock and is using better feeding methods.

Market

The Giles-Montgomery Home Demonstration Market is open each Saturday 8:30 a.m. to 1:00 p.m. at Blacksburg. An average of 4 Giles women sold baked products and their surplus vegetables, pork, poultry and dairy products at this market.

The following table shows the sales from November 1, 1941 to November 1, 1942: (the report for December was not available)

<u>Women Selling</u>	<u>No. days at Market</u>	<u>Total Sales</u>
Mrs. Kyle Crabtree	4	\$26.73
Mrs. W. W. Dowdy	47	510.39
Mrs. Harold Price	49	503.79
Miss Lula Reynolds	1	1.05
Mrs. Frank Sibold	24	129.81
Mrs. Leonard Smith	3	24.99
Mrs. Jacob Williams	48	613.44
<u>Total</u>	176	\$1810.20

During 1941: 6 women sold 199 days \$1190.70
During 1942: 7 women sold 176 days 1810.20

Other Home Demonstration Activities

Federation Goal

Health was the federation goal studied by each of the Home Demonstration Clubs.

Each month the health chairman in the club gave some information on the topic for the month. Listed below are some of the monthly topics on which information was given:

- Importance of Ventilation
- Milk in the Diet
- The Well Balanced Diet
- Fly Prevention
- Sanitary Toilets
- Parent Child Relationships
- Prevention of Colds
- Communicable Diseases

Recreation

Have fun in your own community was stressed by Home Demonstration Clubs in August. With tires and gasoline rationed, only trips to take off farm produce or bring back farm supplies could be made. No more trips for amusement only. Home demonstration women in 10 clubs planned a family picnic in the immediate community. Home cooked food rather than bought do-dads was served. Most of the picnics were held at night so the fathers could attend. After the food had been consumed both the old and young joined in games and contests of which the recreation committee had charge.

The Trigg Club had their fun by having a free ice cream supper for the whole community. About 50 people attended. Some brought cake, others cream and some freezers. The club bought the ice. Each took his go turning the freezer. After the cream had been frozen the women served bountifully all present. As a side attraction club women held a flower show. Thirty entries were made in five classes. The women and men had great sport in voting for the prettiest arrangement in each class.

Homemakers are trying hard to make the home front strong and they feel that home and community recreation has its place.

War Bonds

Every home demonstration club had a war bond chairman who promoted the sale of bonds among the women in her community. They also gave some information on bonds at the meeting each month.

Outlook

At many of the club meetings time was spent helping women get an understanding of how the war was affecting and would affect their usual life. Controlling the cost of living was discussed in each group. An effort was made to understand price ceilings.

Outstanding Club Member

Mrs. Oakley Albert of the Staffordsville Club has done an excellent piece of work this year as a home demonstration member.

Mrs. Albert bought an old house which she and her husband have practically rebuilt. It is still a small, humble home but becoming quite cozy and home like. The walls have been covered with callotex. New floors have been laid. Mrs. Albert laid the floors herself.

For years Mr. Albert was a farm tenant but about a year ago he began

working for the Calanese Plant. Immediately they bought this small house and 3 acre lot. They have already paid for it and most of the numerous improvements made.

There was no basement or place to store food. This was the first improvement made. Mrs. Albert's garden was much better than usual. She canned 350 quarts from her victory garden and this was supplemented by 250 quarts of fruits and meat. She had 15 bushels of Irish potatoes for home use as well as sweet potatoes and apples.

Mrs. Albert tries to feed her family better balanced meals. They have more milk and more pork than usual this year.

The Albert family consists of Mr. & Mrs. Albert, Peggy, age 10 and Sonny, age 12.

All the family works together to build their home life.

Mr. Albert is buying bonds. The children and Mrs. Albert buy stamps.

1941 Mrs. Albert borrowed money from the Ella Agnew Health Fund for Home Demonstration members for a badly needed operation. The operation was quite successful and they have been able to pay back half of the loan.

Agricultural Board

The Home Demonstration Agent has helped with six programs sponsored by the agricultural board. She took information to leaders and helped train them for their job in the Victory Gardens, Controlling the Cost of Living Programs. She helped send out information and interpret the work on the War Bond Campaign.

Food Preservation

The agent gave canning and drying demonstrations in 7 neighborhoods and gave special help in 2 others. Demonstrations were given in 33 neighborhoods by the 5 Home Economists during June and July. These demonstrations were attended by 289 women. Many of them gave their neighbors help with canning. Often women attending the demonstrations were given canning leaflets to take their neighbors.

To some of these women the demonstrations served to inspire them to can more food for winter use. Others learned how to conserve more food value by using better methods. Every demonstration included canning tomatoes. Many

women used the open kettle method which wastes too much vitamin C. Many more tomatoes than usual were canned by the cold pack method which means families will get more food value.

The agent was asked to give a fruit canning demonstration in one of the neighborhoods. The homemaker had nothing that could be used to process jars in. The agent talked with her about hot water canners and she saw the agents. In a few months the agent called by the home. Found that the woman had gotten a canner and was doing all her canning by the hot water bath method. She was so proud not to have lost a jar. She said heretofore many of her cans always spoiled.

Another woman told the agent how proud she was to have learned how to can beans. She had always used acid and her family didn't like them.

Household Equipment School

A two day household equipment school for agricultural workers was held during early August. The first day was devoted to cleaning and adjusting sewing machines and the second to repair and care of small electric appliances. The school was conducted by a representative of the V.P.I. Agricultural Engineering Department and the Extension Home Management Specialist. Eleven county workers were trained.

Workers discussed the best method of getting this information to the rural families. It was decided to use the County Board of Agriculture as the organization to work through.

Farm folks felt they could only give one day. Electricity has been in rural Giles for only a short time so most people had very little electrical equipment which needed repair. There were many sewing machines, so it was agreed to hold a sewing machine clinic in each of the county's ten communities. Community and neighborhood chairmen were responsible for notifying the people in their territory about the clinic.

The men and women came to the clinics with their machines. More women than men attended but one day was rainy and the men helped. Each family took apart, cleaned and adjusted their machines with the guidance and help of the man and woman agricultural worker in charge of the clinic.

The 10 clinics were held on 2 days. This meant that each two agricultural workers held two clinics. Twelve clinics were held at which 39 machines were cleaned, adjusted and sometimes minor repairs made. Some of the machines were old and badly gummed. The owners were quite proud to get them in running order once more.

At several clinics women who were unable to bring their machines came and watched so they could learn how to clean theirs.

Transportation was a problem in most communities. Mrs. C. C. Francis, Penvir neighborhood leader got a truck to bring the six machines in her neighborhood to the clinic.

4-H Club

Project Work

Family & Personal

49 girls carried and completed clothing as their personal project. These girls made 94 garments, mended 72 garments. For most of the girls this was their first sewing so they made simple aprons, skirts and shorts. Girls who had more experience made dresses.

All 4-H girls tried to take better care of their clothing. Demonstrations were given on washing sweaters, hanging clothes, and proper care of shoes.

28 girls carried and completed canning as a personal project and 30 helped with the home canning as a family project. These girls canned and helped can more than 9000 quarts of food.

11 girls raised chickens as their personal project and 19 raised chicks and help manage the family flock as their family project. These girls raised 3,329 birds. Four girls helped with poultry for the first time this year.

During January each club girl decided on what she could do that would make her home a better place in which to live. This was talked over with mother. Girls assumed care of the bedroom, washed dishes, helped with canning, cared for poultry, took care of the baby, cleaned or helped with the family garden. Fourteen reported doing their first garden work this year. Each girl chose the thing that she and her family thought would be the most help.

Community

The community project of each club was collecting salvage. In the spring a salvage campaign was sponsored by the 4-H Club, F.F.A. and Boy Scout organizations. About a million pounds of scrap was collected throughout the county.

The newspapers sponsored another campaign the latter part of September and again 4-H'ers lent their support, this time by helping advertise. W.P.A. collected the scrap.

In addition to helping with salvage the Newport 4-H Club gave a very good Chapel Program on Eat the Right Food. A child represented each food needed in a well balanced diet. These were charted by the president as each child made his contribution. This helped to stimulate interest among school children to eat properly balanced meals.

Health

Health programs consisted mainly of getting boys and girls to eat a balanced diet. Food score sheets were checked at one meeting. Club members reported on the importance of different foods. The agent showed by chart the value of each important food and how a meal could be balanced. Practically all club members reported that they had improved their eating habits.

The girls studied posture as related to health. Many girls improved their posture.

Cleanliness as a means of health was studied in 6 clubs by 90 girls. These girls were urged not to use each others cosmetics. To launder their own socks and panties rather than leave them for mother.

Camp

4-H camp was held jointly with Pulaski 4-H'ers July 6-11. 24 boys and girls with 3 leaders attended.

Classes for the week were built around Emergency Measures which Promotes War Efforts. This included a fix it period when members learned to sharpen knives, scissors, mend pans, electric cords, etc.; how to store vegetables for winter use; drying of fruits and vegetables; and substitutes and alterations. First Aid was studied an hour each morning.

Handicraft was taught each afternoon. Every club member made a wooden sandwich tray, a pocket book or a stool.

Horse shoes, tether ball, and box hockey were among the most popular games. Camp fire programs, singing and folks games contributed their share in the fun for campers. The recreation program was balanced up with hikes and swimming.

Each evening the campers participated in a short, inspirational Vesper program.

The camp organization and cooperative spirit among the boys and girls was excellent.

Work of One Club Member

Ruth Harless, Pembroke has just completed her sixth year of club work. She was president of her club and worked hard to help every member do his best. Much to the agent's surprise she developed into a very good leader. She has ably filled the offices of president of her club and secretary of the 4-H Council.

She did an excellent project in canning and a good project on clothing.

Ruth lives with her grandparents. Her grandmother works away from home much of the time. Ruth felt the greatest contribution she could make to their life was to can the food from her grandfather's Victory Garden.

Early in the year she made out her canning budget and she canned by it as nearly as possible. She canned a little more than was needed so it would not go to waste. Meat has not been canned to date, however, she plans to can it. She has canned 426 quarts of food, 250 of these alone and 176 with help from her grandmother. That is about 40 quarts more than her budget called for.

The agent inspected her canned products and they are of an excellent quality. She received the county Kerr Canning Award.

Ruth got her grandfather to help her build some extra shelves in the cellar and she had her products well arranged on them. Her cellar was quite well kept.

4-H work has enabled Ruth to make a larger contribution to her family, gain more respect from her fellowmen, and find for herself a needed place in community life.

Older Youth

The Trigg Older Youth boys and girls meet one night each month. There is almost no form of recreation in the community so this club answers that need for these folks. They love to get together and sing, play folk games, trick games and have contests.

Topics of Monthly Educational Programs follows: Care of Poultry, Victory Gardens, Anit-Inflation, Responsibilities of a Good Citizen in War Time, Farming versus Industry and Boy Girl Relationships. Some of these topics continued over more than one meeting. Usually the boys and girls presented facts on the topic and then a general discussion was held.

Other Work Done By Agent

County Home Economic Workers

The agent was chairman of the County Home Economists. There were eight home economists employed during the winter months and five during the summer. These girls held three meetings to discuss professional problems and make plans for promoting more efficiently war efforts on the home front. Much of the work of this group has been reported under the Agricultural Board since that is the agency they chose to do cooperative work through. Major emphasis was placed on nutrition which resulted in the 33 canning and drying demonstrations held in June and July. Details may be found on page II. The secondary program was the Care of Household Equipment reported on page 12.

A record of all home economics trained women in the county is practically completed. This was made for the State Home Economics Association.

County Nutrition Committee

Nutrition work was handled through the County Board of Agriculture with the Victory Garden and canning programs already reported.

Giles was chosen by the State Health Department for a special nutrition project. Plans have been made. Several nutrition exhibits have been placed in local store windows by the nutrition chairman. The agent has put up one exhibit.

Home economists have made talks to civic organizations showing the importance of a well balanced diet in maintaining health. The agent made two such presentations.

Salvage Committee

The agent served as a member of the county salvage committee and helped to make plans for the two scrap campaigns conducted.

In the scrap campaign held September 22 - October 10, 1,932,742 lbs. of scrap was collected in the county. Giles placed 3rd in the state and received an E pennant for this. The committee estimates that about 4 1/2 million pounds of salvage has left the entire county since January 1st. Most of the scrap collected was metal, however a great deal was rubber, some paper.

Rationing Board

The agent has served as Consumer Relations Specialist to the War Price and Rationing Board. Each woman organization in the county and towns appointed a consumer chairman. Each month the agent sent these chairmen information to be given at their meetings. Much of this information was centered around the how and why of rationing and substitutes on the market.

War Bonds

The agent was a member of the county Women's War Bond Committee and sat in on meetings of the County War Bond Committee several times. She has helped with the educational side of selling War Bonds among rural people.

U.S.D.A. War Board

Many times the War Board has asked the agent to help with their programs. She gave out information on the farm machinery repair program. She helped encourage the food production program. The equivalent of 5 days was spent helping farm truck owners fill out applications for Certificates of War Necessity. She has tried to keep informed on the rationing of farm machinery so that when asked she could give the farmer desired information.

Office of Civilian Defense

The Defense Coordinator has been contacted a number of times and the agent has cooperated with him at all times. At the Civilian Defense Rally she spoke on nutrition and the Home Front.

Red Cross

Many home demonstration women have done Red Cross sewing but at this time the agent was unable to get a report on the amount of work done. Women from two clubs have been able to roll bandages.

VIII. APPRAISAL

The home demonstration program has helped rural women:

To practice being thrifty homemakers through the many conservation devices learned this year.

To repair equipment on hands and put all extra dollars into War Bonds that they may buy when things are cheaper.

To learn to suppress disasterous war rumors, so common among them, and search for facts from reliable sources.

To realize the importance of feeding the family a well balance diet each day.

To feel that their duty is to strengthen their homes and build morale in their community. Producing food, even though less glamorous is just as patriotic as Red Cross and OCD work.

To treat their neighbor as a brother and encourage him to follow recommended home practices so valuable for a strong home front.