

Virginia



AGRICULTURAL EXTENSION SERVICE

Annual Report

Home Demonstration Work

1951

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Agent

Agent

COUNTY

Asst. Agent

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III. A Brief Description of the County Situation As It was Reflected
In the 1951 Program.

The people of Amherst County are divided into groups according to their ways of making a living. Most of the real farm people receive their living from livestock, general farming, and tobacco. There is a large group in Amherst County who work in Lynchburg, or the Chemical Plants at Piney River, or other small industries in Amherst County. This makes it rather difficult to plan a program that will suit all groups and their interest. Incomes of 90% of the people participating in the Home Demonstration program are limited by high cost of living.

The 1951 program was planned with the idea of trying to make the homes more attractive by trying to teach the women to use things they had on hand and buying inexpensive other materials to use in their homes. The bedroom was taken as a major project. Five months of demonstrations were given to this project. The bedroom was selected because it is one of the easiest rooms to use old furniture and materials on hand in decorations and it should be the room in the house where people spend the least money if their incomes are limited. In this project people were taught values in purchasing materials

Many young couples were interested in building homes and plans were made to assist these people with the help of the Engineering Department.

The women of Amherst County are always interested in crafts as a means of expressing their artistic ability, also in use for accessories. They like to do hand work in their spare time so rug making and etching of trays were used to fill this need.

People were especially interested in cheaper foods so a demonstration was planned on cheaper cuts of meat.

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IV. Contributions of the 1951 Program to Better Family Living

The 1951 program influenced the people of Amherst County in encouraging them to use more color in decorating their homes. The women were taught to remodel, refinish, and reupholster all types of bedroom furniture and the other furnishings for the home. A number of the clubs also reupholstered chairs, both split bottom and cane.

Rug making was a very popular project. Many of the women used old materials they had on hand and feed bags which they had in large numbers and they were taught the value of buying new materials and making braided rugs compared to buying rugs. Some of the clubs planned special meetings on rug making or we might say rug making clubs to meet so often so that the women could get together and work on their rugs. In one club the women planned 100% to make braided rugs. This was a group of young home makers who had built homes and needed rugs.

The women of Amherst County learned to remodel accessories and make simple accessories, especially for the bedroom. They were taught curtain making, remodeling picture frames, refinishing new picture frames, making new lamps out of old lamps and bottles and making lamp shades. One of the things that was encouraged through the 1951 program was teaching club women to spend their time in making useful articles. It is felt that there was quite an improvement in this respect, as the women are spending less time in making articles just to bring out when they have visitors to exhibit, although they might be nice hand work but not useful. This was especially brought out in the Amherst County Fair exhibits.

Carpentry was a 1950 project but there was a carry over into the 1951 program in this project as the women continued to make shelves and tables and other articles. This was very useful in making shelves around their beds.

The cheaper meat cookery demonstration greatly influenced the people in cooking cheaper cuts of meat and still having more nutritious meals and be less expensive. Many of the club women throughout the county had never tasted heart and other cheap cuts of meat. Many were very much interested in these dishes and felt that they were very good.

The etching of trays demonstration was very enthusiastically received in many of the clubs. Some of the clubs had extra meetings by themselves on making these trays. It was felt that they would make useful Christmas presents and maybe the women could sell them as a means of making some money as well as use in their own homes.

The 1951 program also led to interest in more conveniences in the home. Interest was shown in having more closets in the bedroom and storage space. Some work in the county was done in this. It is felt that there will be a carry over into the coming year.

Housing work was started in the county and this led to helping people with the building of homes, remodeling and also kitchen improvement. Plans were made for the 1952 program to continue this work and for the

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Home Demonstration Clubs to sponsor definitely kitchen improvement and increase in water systems for the homes. It is felt that the 1951 program definitely made progress towards a long time goal in home improvement in that in next years program they included color scheme for the living room, accessories for the living room, and kitchen improvement and many of the clubs made club choices for 1952 for room improvement projects.

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V. Adult

A - Project Work

1. House Furnishings

The object in the attractive bedroom project was to show pictures, color schemes and slides of what people had done in making attractive bedrooms. This was to interest the people in doing more work along this line in improving bedrooms and all rooms in the house. I especially wanted to emphasize that color is the prettiest thing and the cheapest thing to put into a room to make it attractive, especially when you put this in the wall. Each club was to try to get a result demonstration bedroom and the Agent was to give extra help in these bedrooms. The Agent was interested in having a tour in the County to some of the most outstanding bedrooms.

In remodeling bedroom furniture it was the plan to have each club to select pieces of furniture they were most interested in in remodeling to have demonstrations given on these pieces. It was also the objective to interest the clubs in reupholstering chairs, fixing overstuffed cushions and tying springs which lends itself to the bedroom project as well as to the other rooms in the house.

In accessories and arrangement of bedrooms my objective was to teach people how to make use of articles that they already had on hand in decorating their bedrooms. Also to make use of inexpensive articles you could buy. Special emphasis was to be given to lamps, lamp shades, pictures, and picture frames.

My objective in the window curtain demonstration was to teach people inexpensive materials that they could use in making window curtains and also curtains that would be easy to care for. It was hoped that these suggestions would carry over into other rooms in the house.

Methods used in the bedroom project were as follows:

To have two County leader training meetings for all of the House Furnishings Leaders. One Leader Training meeting was given by Miss Ruth Jamison, House Furnishings Specialist from V. F. I., on color schemes for bedrooms and remodeling bedroom furniture. Twenty-five leaders from the clubs attended this meeting. Ten clubs were represented. Each club had a demonstration on color schemes for the bedroom with the use of pictures and colored slides. The number of rooms decorated in the county by Home Demonstration Club women was 182.

For the next months demonstration the club members decided on pieces of furniture to be remodeled that their club would be especially interested in, or making of simple shelves for the bedroom, so the demonstration varied in the clubs. The type of thing that was the demonstration was a slip cover for iron beds and making Hollywood beds from old iron beds and making shelves around the bed and

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refinishing old bedroom furniture, modernizing old bedroom furniture, modernizing wooden beds, slip covering bedroom chairs, resetting chairs, and tying springs.

The March demonstration was a choice. Most of the clubs continued demonstrations on fixing of old furniture that was not completed in the February demonstration, and there were about 165 pieces of furniture remodeled, refinished, and reupholstered, and there were about 75 pieces slip covered, and there about 35 shelves made.

The Home Demonstration Agent attended a work shop on accessories for the bedroom and also on curtain making. This work shop was given by Miss Ruth Jamison, House Furnishings Specialist from V.P.I., for a group of Agents in the nearby counties. The Agent gave a Leader Training meeting for all House Furnishings Leaders of the County. This leader training meeting was attended by about twenty-seven leaders and eleven clubs were represented. Leaders were trained in arrangement of accessories, remodeling picture frames, refinishing new picture frames, framing of inexpensive prints, and making of lamp shades and making lamps out of bottles and oil lamps and making inexpensive curtains.

Demonstrations were given in each club in April on accessories for the bedroom. Each club selected one or two accessories to demonstrate. The club members were encouraged to bring articles to work on at their club meetings. Many of them ordered inexpensive picture frames and prints. They also ordered materials for making plastic lamp shades. Many of the club women made lamp shades by covering card board with inexpensive materials. The leaders in the clubs gave seven of these demonstrations.

In May each club had demonstrations on making window curtains. The materials most emphasized were tobacco cloth and unbleached cotton. Also the women were taught how to curtain problem windows. This demonstration was given by leaders in eight clubs. Materials for demonstrations, such as samples, color charts, and other articles, were secured from local stores.

June was a choice month, for the Home Demonstration Clubs and many of the clubs choose accessories that had not been demonstrated in their clubs for this demonstration. The number of accessories made or remodeled by Home Demonstration Club women in Amherst County was 191 and the number of windows curtained was 241.

Nine beds in the county were used as result demonstrations. The Agent made home visits to these rooms giving individual help. Club meetings were held in each one of these homes in developing the project. In the Monroe Home Demonstration Club the Agent held a special meeting for an interested group in remodeling Mrs. J. C. Mills' bedroom.

Mrs. John Abbott from the Madison Heights Home Demonstration Club did an exceptionally good job in re-decorating and remodeling her bedroom. Mrs. Abbott's bedroom was a little on the small side.

She painted her walls herself with a rather dark shade of green with cold water paint. Her woodwork was painted white. She made a Hollywood bed out of an old iron bed, and she and her husband built a desk and shelves around her bed out of pine and these were refinished in the natural pine which gave a lovely effect against the dark green walls. Mrs. Abbott is quite a talented woman in getting bargains. She went to a bargain basement in a local store and got samples of Bates bedspreads in chartreuse. She made a bedspread with a ruffle out of this material and is also making a cover for her dressing table and her dressing table stool. Her dressing table and stool were made out of an old dressing table and stool that she had on hand. She had a very nice dresser that she remodeled that did not need refinishing. She slip covered an easy chair that she had in a beautiful chintz which had unusually attractive colors of red, green, yellow and chartreuse. She remodeled lamps for her bedroom and hung pictures that she had very attractively over the bed and desk. She bought lovely white organza curtains which cover a whole side of her bedroom and she is planning to make a braided rug for this room.

Mrs. Abbott's room was so attractive that the Amherst County Day committee felt that this would be a wonderful exhibit for Amherst County Day. With the help of the building supervisor, Mr. Hollman, of Sweet Briar College, a room the size of Mrs. Abbott's was constructed with the props belonging to Sweet Briar. The Home Demonstration Club women helped paint this room with the dark green cold water paint. The room was reproduced by bringing Mrs. Abbott's complete furnishings. A few extra articles were added to the room such as a refinished washstand from the Pedlar Mills Home Demonstration Club, remodeled pictures and lamps from the Bellevue Home Demonstration Club and a pair of tobacco cloth curtains from the Lillian Livesay Home Demonstration Club. This gave the women an opportunity to see an inexpensively decorated room which was very colorful. This room was visited by about 150 people.

Mrs. J. C. Mills, of the Monroe Home Demonstration Club also did a wonderful job of decorating a bedroom, and everything that she used in her bedroom she had on hand with the exception of the paint. Mrs. Mills painted her walls pale blue with white woodwork. She slip covered an iron bed, cutting off the foot to make a Hollywood bed. The slip cover material that she used was Bates bedspread draperies that were too skimpy and she used this for covering the chair as well as the head of the bed. This matched her Bates bedspread that she already had. She made a dust ruffle and her ruffle curtains for the bedroom out of some material that her husband had bought several years ago from the Army damaged material, which made beautiful curtains and dust ruffle. Mrs. Mills made a bedside table out of pine and refinished this in the natural. She also remodeled and old dresser and refinished this. She refinished an old washstand to use by her easy chair as a table. Mrs. Mills, did an excellent job of remodeling two oil lamps and bought lamp shades for these. The rug that she has in the room is linoleum with very pretty flowered colors which go very nicely with her plain colors and conventional bedspread and chair slip cover.

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The series of bedroom demonstrations created quite an interest in the county in remodeling and doing over rooms at low cost. The Home Demonstration Clubs are planning a tour in the Spring to some of the outstanding bedrooms. Also the A-H Clubs are going to fix some of these rooms. Not as many result demonstrations were completed as were planned but this a rather new project in the county and I feel that this will lead to other similar projects with more success.

2. Crafts

Crafts were carried in two subject matter fields; etching of trays and rug making.

My objective in the etching of trays was to teach the people to make useful decorated articles for the home. Also to teach them art principles that might be carried over into making of other objects. Also I wanted the women to learn to make crafts that they might be able to sell and make some spending money. My plan was to have a leader training meeting and train all of the leaders then to have a demonstration in each club on etching of trays which would be an all day meeting.

Miss Catherine Peery, Craft Specialist from V. P. I., gave a leader training demonstration on etching of trays and each leader etched a tray during the meeting. Also they were taught the materials needed and where to get these materials. Miss Peery also taught a number of interested leaders how to hammer trays. The leader training meeting was attended by twenty-two leaders. They were asked to order materials for their club at the June meeting, which was the meeting just before the tray etching demonstration, after they had exhibited the trays they had etched at the leader training meeting. The Agent recommended that they experiment on six inch trays to learn the process. Thirteen Home Demonstration Clubs had either etching or hammering of trays as an all day meeting in their clubs. About 75% of the women these club meetings and worked on trays. This tray etching demonstration was a very popular one in a number of the clubs. A number of the clubs held extra meetings on etching and hammering trays. Madison Heights, Lowesville, and Monroe were the outstanding clubs in having extra meetings. Six of these extra meetings were held in these clubs. Many of the clubs next year plan to carry this craft as a choice demonstration. Many of the women are making these trays for gifts and they are making them to sell. The number of trays etched and hammered was 155.

The making of braided rugs was a craft which fitted well into the house furnishing a program of bedrooms. My objective was to put rug making into an artistic plan throughout the home. Also to teach people to plan color schemes for their rooms and to teach them an easier method of making rugs with the use of lacers and braiders. Also to teach the women inexpensive materials they could use, such as old cotton garments or wool garments or feed bags and where to buy new wool material at low cost. The plan was to have a

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leader training meeting given by the Agent in the spring of the year and to teach the leaders where to get materials and to urge them to urge the club members to collect materials by the October demonstration. One of the objectives was to get the women to make rugs to sell as well as to use in their homes.

The Agent held a leader training meeting on the making of braided rugs in May. This meeting was attended by twenty-four women. Each woman was to bring materials she had on hand for making a braided rug. They were taught materials to use, how to plan color schemes, and how to use braiders and lacers in the making of rugs. The Agent asked each leader to start a rug of her own and to exhibit this at the September club meeting, to show club members the type of thing they were going to do. Also to tell them where to order their materials and braiders and lacers. The leaders at the training meeting visited a home where a 9 x 12 braided rug had been made. This was quite an inspiration to the women as they could see that a large rug could really be made and that it did not take too much time. The 9 x 12 braided rug was also exhibited at Amherst County Day at Sweet Briar to create interest in rug making. Almost every club in the county had an all day meeting on the making of braided rugs. The women brought old material, feed bags and new materials ordered to the meetings. Each woman bringing materials started her rug, learned how to plan her rug and the how to use braiders. These demonstrations were so popular that a number of clubs in the county planned rug clubs to meet once a week or every two weeks for the women to get together at night and work on their rugs. One Home Demonstration Club in the County planned 100% to make braided rugs. This is a young home-makers club where the women have new homes and need the rugs badly. One of the most valuable results from this demonstration was that they could buy new material and make a rug that would probably last a life time for about one-third the cost of a new wool rug. Also the women would have the pleasure of making their own rugs.

Rug making was the October demonstration so most of the women did not have an opportunity to finish their rugs by the end of the year. I would estimate about 150 rugs were started and the women plan to finish these during the winter. Many of these are to be large enough rugs for the whole room. A number of rugs were exhibited at the Amherst County Fair showing the progress made in rug making and also creating more interest in the women making them.

3. Meat Cookery

My objective was to teach the women to use the cheaper cuts of meat in tasty dishes. Also ways of stretching meat to make the least expense. Also to teach the importance of meat in the diet.

I planned to have a leader training meeting to train all of the leaders in the county and then to have a demonstration in each club on the cheaper cuts of meat. A leader training meeting was held by Mrs. Mary L. Thompson, Food Specialist from V. P. I. Twenty-six leaders attended this meeting. They were taught to cook stuffed heart creamed hamburger, and chuck roast and they were taught the food value of these dishes. At least one-half of the women had never tasted beef

heart and this proved to be a very popular new dish and an inexpensive new dish. Each club had this demonstration in their clubs and the leaders gave the demonstration in eight clubs. The women were also given a sheet of other cheaper cuts of meat recipes. This was the November demonstration. I feel that many of the women will use these dishes in their next years meals. All of the women mentioned that they were going home to cook some of the cheaper cuts and were very much interested. They especially liked the creamed hamburger as it was an easy dish to cook, a meat stretcher, and a very tasty dish. This dish was also a dish that could be prepared a day ahead when company was coming. The women of Amherst County tried about 950 of recipes this year, showing that the women are interested in improving the feeding of their families. Other things that the women learned in connection with this demonstration was how to make good stuffing for all kinds of meat, the making of gravy, short cuts in cooking by using fewer cooking utensils, and the use of the pressure cooker, and knowing the cuts of meat.

4. Preparation of Food For the Freezer Locker.

Many of the people of Amherst County are getting home freezers and a few use the lockers at the freezer locker plant in Lynchburg.

My objective was to have the Food Specialist from V. F. I., to come and give a half-day demonstration to the people who would be interested in preparation of food for the freezer. I wanted the people to be taught how to prepare vegetables, fruits, and meats. Also how to prepare baked products and time saving foods for the freezer. My objective was that this demonstration was to improve the preservation of food in the county and to give the people higher quality and more nutritious meals and to save time in the preparation of food. I also hoped that this would encourage more people to buy lockers for freezing food. I also expected the women to go back to their communities and to teach other people.

Mrs. Mary L. Thompson gave the demonstration to the interested women of the county on preparation of food for the freezer locker. Her main emphasis was on baked foods. However, she answered questions on fruits, vegetables and meats. The demonstration was on the making of breads such as rolls and Sally Lunn. The women stated that they learned so much about bread making as well as freezing it. The Sally Lunn was especially liked as many of the women had not been in the habit of making this for their families. All of the women learned bread habits that would improve their bread making. Mrs. Thompson also demonstrated cake making to freeze. In this demonstration she taught the women a new method of making cakes, which was mixing your fat and flour. This demonstration also demonstrated the value of using an electric mixer. She taught the women to make the type of icing that would be most satisfactory for freezing and also different good points in making cake icing. She demonstrated the making of fancy sandwiches for parties that could be frozen at least two weeks in advance. Mrs. Thompson demonstration also included how to prepare plate lunches so that you could serve them at least two or three weeks later. She also taught the women how to use left overs in preparing plate lunches. They could do this by

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having pieces of meat and vegetables left over. They could be wrapped in locker paper and when the women had enough left overs they could give their families a choice of different plates for the meal. Mrs. Thompson also demonstrated the types of wrappers and containers. Each woman was given a leaflet on preparation of baked products for the freezer locker. The women of Amherst County froze about \$,250 packages of food this year, so there is a real interest in freezing. The Agent also has sent out by request about 75 leaflets and bulletins on freezing besides the ones given at the county meeting. Thirty-seven women attended this meeting.

5. Sewing Machine Clinic

The Agent in her experience in Amherst County found that so many people had sewing machines that could be put in sewing order and they were not using them because they were dirty and they felt that they were too old to be used. Most any sewing machine regardless of age can be put in sewing order.

My objective was to teach the people how to clean and how to adjust all of the five tensions and to make better use of their sewing machines as I found that there were numbers of women who did not know how to regulate their stitch and only knew about one tension on their sewing machines.

A county wide meeting was held where the Agent tried to get representatives from each club to come and bring a sewing machine. Two days were given to this meeting and the demonstration was given by the Agent. All of the women brought sewing machines and they were cleaned and adjusted. The women were very delighted with the results in their sewing machines. One woman brought a sewing machine that would not move it was so gummed. This woman was the mother of five children and she needed her machine badly. After the machine was cleaned she went to the store immediately and bought material to make dresses. She told me that this had helped her so much in clothing her family as she has a limited income. Other women stated that their sewing machines never had run as well. As a result of this clinic one club had this as a choice demonstration giving a whole meeting to cleaning sewing machines. Eight sewing machines were cleaned, and adjusted at this meeting.

I believe that most clubs next year will use choice demonstrations for this purpose. The Agent also in making home visits has helped people to adjust their sewing machines so that they could make better use of them and has created interest in this type of thing.

One Saturday morning the Agent was having a 4-H Club meeting on sewing at Pedlar Mills 4-H Club and the little 4-H club girl had been going to a neighbors to do her sewing. The demonstration was on button holes and while the children were working the Agent asked to see the sewing machine they had and she was told that it was a very old machine and would not run. The Agent cleaned the machine and adjusted it so that it sews very well. The 4-H Club member was so delighted with her machine that she would not even stop sewing to tell her guests goodbye.

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6. Housing

The Agent found that many people in the county did not know that they could get help from the Engineering Department at V.P.I. on all types of housing from planning to repairing. Her objective in housing was in her contacts with people throughout the county in Home Demonstration Clubs and in making home visits to tell people about the type of information in the way of bulletins that they could get. Also that she would help them personally with their housing problems and also get the housing specialist from V. P. I. to help with individual problems. One of her objectives in the Planning Meetings was to give statistics on the lack of good housing in the county to create an interest.

At both the Spring and Fall planning meetings housing situations were discussed and statistics were given. Many of the women were very much surprised at the lack of running water in the homes of the county.

The Agent found two young Home Demonstration members that were building new homes. She secured the Specialist from V.P.I. to help them with their plans. They were very much pleased with the plans and used them just as he suggested and their homes are built and they are living in them.

The Agent also found another woman in the county that wanted to remodel an old home. She secured the Housing Specialist to help with this problem. In this problem the housing specialist made suggestions as to putting in closets, arrangement of kitchen, fixing of the foundation and the putting in of a bath room. She has remodeled her house enough to move in but she plans to do the work on the house a little at a time and she and her husband plan to do a lot of the work.

Agent also asked housing specialist to help with remodeling two kitchens. One of these has been completed and the other is in the process of being remodeled. The Agent herself helped another woman with the remodeling of her kitchen.

These housing projects are to be used as result demonstrations in next years program. The Agent plans to have a tour to visit these projects completed.

As a result of this at the planning meeting in the 1952 program water systems became one of the objectives and a county wide meeting is to be given for all people interested in water systems. Each club is to have a survey of their community to find the people interested in water systems. Agent also gave out about 50 bulletins on different phases of housing.

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B. Other Activities

1. The Agent was interested in getting bedrooms fixed in the different communities to show people what could be done at low cost and using old furniture they had on hand. Many people felt the only way to have a bedroom was to buy furniture and often times their income will not allow them to buy good furniture which is a waste of money.

The outstanding family in the county was the John Abbott family and I have given an account of this family under House Furnishings on pages 9 and 10.

2. A Club Project

Madison Heights is a suburb of Lynchburg although a rather rural suburb. The people in Madison Heights have a lot of community spirit and they felt that they needed a club house for their community. Last year the club raised enough money to buy a lot and this year they planned through different club activities to continue to raise money to put a building on the lot and they intend to continue this until they have enough money. The club is very fond of getting together and doing things and one of their projects was making quilts which they sold. They had suppers and luncheons. Often the luncheons were given by one club member and the other members brought friends and other people in the community to lunch; in this way getting the profit clear. They also held bazars, bake sales, and plant sales. This community is very much interested in flowers so each club woman would give for sale some of her choice plants, which were very easy to sell. For the bazars each club woman made a number of articles, cakes, pies, jellies and janes and these were sold in the stores in Madison Heights. For the lawn parties each woman contributed food and they had a certain committee each time to sell the food. This year the club raised \$500.00 and they have bought building bonds which will draw interest therefore trying to building up a credit. This club was quite outstanding in that they held six extra meetings in completing projects, such as hammered and etched trays. This group was quite outstanding in the making of the braided rugs and they have planned to have extra rug meetings for this.

3. Community Improvement Work For The Home Demonstration Clubs

There were children in both the Clifford and Amherst schools who were unable to buy school lunches and often would be unable to bring lunches from home. These children were under nourished so the Clifford and Amherst Home Demonstration Clubs have been raising money for this purpose. The Clifford Home Demonstration Club had a minstrel which was enjoyed by the community and also offered an expression of talent for the people who took part in it and was a form of recreation. The Clifford club used part of this money to take care of these indigent children. The Amherst Home Demonstration Club has given card parties for the milk fund. The club usually appoints a card party committee and this committee advertises this party, gets tables, and asks local businesses to contribute proper prizes. They also prepare simple refreshments. They have held two such parties this year making over \$100.00 at each party. This activity also furnished recreation for the people taking part. The Amherst Home Demonstration Club also asks other organizations, such as the Rotary Club to help with this fund.

4. Tuberculosis Work

In many of the Home Demonstration Clubs women were very much interested in helping to keep down the spread of T.B. and they realized that the Health Department is doing a good job of this as well as the T. B. Association. It was planned that the Home Demonstration Clubs should sponsor the advertising of the Chest X-Ray Clinic through the Home Demonstration Clubs and also get people interested in their communities to take part in this. The Agent wrote each club president to announce this clinic and urge the club members to attend. It was reported that many club women did attend and in some clubs the women used their cars to get people to the clinic. In the Elon Club the Home Demonstration women helped to do the registering for the clinic. A few of the clubs in the county buy T. B. bonds and many of the club women buy T. B. stamps.

5. Cancer

Many club women throughout Amherst County feel that more education as to the symptoms of cancer and more physical check ups will save more lives. With the help of the Health Department it was planned to show moving pictures on self examination for cancer and also have records played concerning cancer. Mr. Tom Lewis of the Health Department took these to five clubs in the county. Some of the nearby clubs were invited to attend and also other people in the community.

6. Amherst County Band

The Jr. Woman's Club of Amherst is sponsoring an Amherst County Band and they asked the Home Demonstration Clubs to help with this band. The Agent and six other women attended the Amherst County Band meeting. Also the Home Demonstration Clubs had representatives of the Jr. Woman's Club visit them to explain the project. The Agent wrote each club president asking her to discuss the possibility of the clubs helping with this project. About six of the clubs have voted to give \$10.00 to this project. It is felt that as the project progresses that there will be more contributions and help from the clubs as this project is only a few months old.

7. Civilian Defense

People in Amherst County are concerned over bombings and how they help in case of bombings from Russia, although Amherst County is not in a critical area. The Agent and seven representatives of the Home Demonstration Clubs attended the Civilian Defense meeting. This proved to be a very interesting meeting and it is felt that a great deal of good will come out of it even if there is no bombing of America. It also helped to put our minds at ease as there could be so much done to defend people in case of bombing. The Home Demonstration Clubs planned to help with nursing and first aid, but the organization of these has not been completed. The Agent also plans to put out information to the Goal Chairman on Civilian Defense.

8. Library

The Elon Home Demonstration Club had as their project this year,

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work on their library. The women spent several days doing work on the grounds and worked on improving the library. They have secured a trained librarian from Lynchburg to come out and index their books. They have worked out a schedule by which the women will keep the library open so many days a week. Miss Phyllis Lea, the President of the club, has been very active in this. The Home Demonstration Club holds their meetings in the library quite often and they have a kitchen connected with the library. The Club women rearranged the kitchen and put up shelves and installed a kitchen sink and they are planning to raise money to buy an electric stove.

9. Rat Campaign

There was a continual complaint about rats and how much they were destroying so the Home Demonstration Clubs decided in their planning meeting in 1950 to put on a rat campaign. Miss Wall, Agent, contacted the Pest Control Specialist, Mr. John M. Amos, and secured information from him as to how to put on the campaign and the best type of poison with the least difficulty to handle. Mr. Amos recommended that the county use frozen fish with red squill. It was the plan to have each club given information on the destructiveness of rats and this information was furnished by the Goel Chairman. Also it was planned to have a rat chairman in each club to sell the rat poison, and collect the money in advance. It was planned also to use 4-H Club children in advertising this campaign in collecting money and bringing it to the principal or some other selected person in the school. Each rat chairman or teacher was to be furnished a receipt book so that she could give a receipt for all money collected. The local stores were to be contacted so that when the bait arrived it could be left in the local stores for the people to get. Each receipt carried where the person would get his bait. Mr. Ross, the County Agent, was asked to help with this in advertising it to the farmers. This was the first time this type of rat campaign had been held in the county. The women who were appointed rat chairmen were very successful in collecting the money for this campaign. All of the schools in the county cooperated with this project. 460 packages of rat poison was bought and this money was turned over to Mr. Ross, as Treasurer and he ordered the rat bait two weeks in advance. All people buying rat poison were notified when and where they could get their poison by the Agents. The rat bait came in frozen form and was delivered by the two Agents, Miss Wall and Mr. Ross to different stores in the community. Being the first campaign this was considered very successful and there was no complaint about this campaign.

10. World Cook Books.

The Home Demonstration Clubs of Amherst County were asked to help sell the World Cook Books, put out by the associated country women of the world. The Club women of Amherst County bought 24 of these and they are being sold by the Home Demonstration women.

11. Amherst County Fair

The Home Demonstration Club women of Amherst County take an interest in promoting the Amherst County Fair. Each club is asked to appoint at least one woman to look after getting exhibits from their clubs. At the

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Flanning Meeting in June 1951 the Home Demonstration Committee discussed how and what committees would be appointed to help with the fair. It was decided that Pedlar Mills Club would furnish two women to take care of putting up the canning and bread exhibits, Amherst Club was to furnish two women to take care of putting up house furnishings exhibits, Clifford was to furnish two women to put up the clothing exhibits, and Bellevue two women to put up the hand work. Then for each day of the fair except the first and last days the Home Demonstration Clubs were to furnish two women in the morning and two in the afternoon to be hostess and look after the exhibits. The committee for putting up the exhibits was very efficient and were very helpful to the Agent and each club sent their women. Also each club that was supposed to sent Hostess and sent them the day they were to help. Giving the women a part in putting up exhibits and looking after the women's exhibits creates more interest in the fair. The exhibits this year were fewer but of better quality. The outstanding exhibits were in house furnishings and etched trays.

12. Maternity Clinic

The County Health Association asked the Home Demonstration Clubs to contribute to the maternity clinic. This clinic is to take care of indigent women during pregnancy. They are encouraged to have examinations and also follow ups after child births. About half of the clubs contributed \$5.00 to this clinic.

13. Amherst County Day

Amherst County Day is an event put on by Sweet Briar College to promote better relationships between the county and the college. The Home Demonstration Clubs and Agent are always asked to help with this day which is usually about the second Saturday in May. The Agent attended about three meetings in making plans for the all over program for that day. The President of the Home Demonstration Clubs for the County appointed a committee to work on a Home Demonstration exhibit. Mrs. Coke Stuart, the President of the county appointed the Agent, herself, and Mrs. C. M. Stephens. It was decided that the Home Demonstration Clubs should put up an exhibit concerning our program for the year; bedrooms. It was suggested that we use one of the out standing redecorated bedrooms and Mrs. John Abbotts was suggested. With the help of Sweet Briar's building and grounds crew a room was constructed out of props belonging to Sweet Briar College. This was painted by Home Demonstration Club women and Sweet Briar sent their truck to Madison Heights to bring Mrs. Abbott's furnishings to Sweet Briar for this room and this made a very attractive and different exhibit. This was visited by about 200 people. One of the faculty members also opened her kitchen for exhibit. This kitchen had been constructed from cabinets bought from Sears Roebuck and was rather a problem kitchen. The Home Demonstration Agent used Sweet Briar girls to conduct people to this kitchen and it was visited by about 100 people.

14. A-H Club Camp and Short Course

At the Flanning Meeting in May the Home Demonstration Clubs decided that they could encourage A-H Club work by offering scholarships to

camp and short course. The Agent told them that there were many 4-H girls who came from homes where there would not be sufficient money to send their daughters to camp or the short course, although they had done good work. The committee decided the County Council Treasury would give \$10.00 to sending an outstanding girl to the short course and that each club would be asked to give a scholarship of \$5.00 or \$10.00 to sending deserving girls to camp. Eight 4-H Club girls had their complete ways or half of their ways paid to camp. Bessie Davis, an outstanding girl was sent to the 4-H Club Short Course.

15. Federation Goal

The Federation Goal for 1951 was Citizenship for the Amherst County Home Demonstration Clubs. It was felt by the Home Demonstration Committee that women should become better citizens by being better informed about local, state, and world affairs, also local agencies. Mrs. I. P. Wiles, of Amherst, was appointed Federation Goal Chairman. She gave as a slogan - Every Virginian An Informed and Participating Citizen. Her aims were as follows: To have every woman a "Thinking" voter. To have women recognize and meet the responsibility of Citizenship in a democracy. 1. Make the home a place of training for better citizenship through teaching children to share responsibilities as well as privileges. 2. Study the educational advantages of Amherst County for both white and colored. 3. Consider what a health center can mean to us as citizens. 4. Find out the benefits to be derived from the Mental Health Clinic. 5. Rate ourselves as citizens for successful parenthood. Mrs. Wiles planned to send each month to the Home Demonstration Clubs some current information that would make them a better citizen. A copy of this was mailed each month to the Goal Chairman to each club. In December - Prevention of Christmas fires; January and February; Information on the Rat Campaign; March - Report from the County Health Department; April - a talk on Mental Health and the local organization; May - a talk on world citizenship; June - a Talk on Citizens as Voters; September - The entire Home Demonstration Club program was given to the Federation Goal. The clubs were given a choice of a speaker on Citizenship topics or a book review. All of the clubs voted for a book review. The book reviews were to be given on current world affairs. Five women were selected to read the books and review them and each woman was given two or three clubs to review the book to. These women were selected by the Goal Chairman and the Agent. The books were on topics as Korea, The Importance of America, The Middle Class Man as a Target For Communism, The Vital Center, meaning America, and the World At Our Doorstep. The women reviewing these books were Mrs. Kate Scott, Mrs. G. E. Whitehead, Mrs. Forest Sandidge, Miss Margaret Tucker, and Miss Lucy Wall, Agent. The club women were delighted with these book reviews and felt that they had gained a great deal of knowledge and felt that this should continue another year. The reviewers said that they got so much out of reading the books and giving the reports themselves. The Citizenship Goal was chosen again for 1952. Mrs. Wiles did not send information for each month and some of the clubs gave current events for that month. For October Mrs. Wiles prepared a check sheet for each club woman so that she could rate herself as a mother. She was sent questions on how are we measuring up as good parents and how we are failing as parents.

16. County Objectives

The Home Demonstration Club President appointed a committee of

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Mrs. Tyler Fulcher, Elon Club, Miss Phyllis Lee, Elon Club, and Mrs. Walter Tucker, Bellevue Club to present some objectives that it would be well for the Home Demonstration Clubs to work on. The following objectives were presented and accepted: 1. Educate ourselves to cooperate with the Mental Hygiene Chapter. 2. Take advantage of the services of the Radio and Newspaper. 3. Encourage formation of new clubs. 4. Foster enjoyment in Every day living in Home and Community. 5. Each club to have Representation at the Institute of Rural Affairs.

The objective to cooperate with the Mental Hygiene Chapter was important because there was a newly formed chapter in Amherst County. Agent and about three other women attended two mental hygiene meetings. Mental hygiene information was put out through the Goal Chairman and this was discussed at each club to inform people on what the chapter is doing.

In the objective, take advantage of services of radio and newspaper, it was felt that the club work needed more publicity. Each week a program of the Home Demonstration Clubs and activities was sent to the newspaper. Many of the clubs wrote up their club meetings in the local newspapers.

One new Home Demonstration Club was formed through the interests of club members.

Each club woman was encouraged to look for the beauty in her every day life in the home and her surroundings.

The objective to have each club represented at the Institute of Rural Affairs was not a very successful one as the Institute came at a time when so many of the women were needed at home. Only two clubs were represented. It is hoped that more women will make plans to go another year.

17. Year Book

The Home Demonstration Clubs of Amherst County have a Year Book each year. A committee of three women was appointed by the President to work up the Year Book, and this committee consisted of Mrs. Ed. Sandidge, Mrs. Tyler Fulcher, and Mrs. Baxter Scales. The club women feel that the Year Book helps to keep the club members informed on club meetings, Federation Goal objectives, and demonstrations. Also it gives them a place to keep a record of their accomplishments. The committee did an excellent job on the Year Book without the help of the Agent. They asked the Agent to give them some definite information that was needed but she did not attend the meeting. Each club was responsible for selling their quota of Year Books to their members.

VI. 4-H Club Work

A. Project Work

1. So You're Going To Sew

My objective in this project was to teach younger girls the

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fundamentals in sewing and to prepare them for more difficult sewing. Also to create an interest in sewing. I planned to have leaders give or give the following demonstrations each month; needle case, pin cushion, stuffed toy, handkerchief, making of buttons or trimmings for clothes, button holes, towels, planning a wardrobe, making a skirt, making a blouse, and making a simple dress. 131 girls were enrolled in this project and the project was taken by the following clubs; Eloh, Wright Shop Road, Amherst, Madison Heights, Jr., Clifford, Temperance Jr., St. Paul's and Pedlar Mills.

The 4-H Club girls selected this project because they wanted to learn to sew. The Agent spent the first meeting discussing the different projects the girls could take. When they decided on "So You're Going To Learn To Sew" the agent told them the different articles they could make and what they would have to do to complete the project and she helped them in selecting each monthly demonstration. Demonstrations were given each month at the monthly meeting. The Agent would write the 4-H Club child's parent about a week before the meeting telling her when the meeting would be and what the child would make and materials needed. The letters to the parents helped a great deal in having the children prepared to work as children are so forgetful and it is hard for them to remember from one month to the next.

The Agent would demonstrate the different skills in sewing and then would ask the children to do these on their own materials. For instance in making the needle case - The Agent discussed why they used felt, why they used a different color thread, taught the children to cut out by patterns so that they could cut accurately, taught them how to thread their needles, proper thread length, tying a knot in the thread, how to make a blanket stitch, how to stop thread when they needed more thread, and how to sew their needle cases together. The Agent did each step with the girls following her. Similar demonstrations were given on the pin cushion, towel, handkerchiefs, stuffed toy, simple embroidery stitches, sewing on lace, and making buttons.

The Agent used 4-H Club Leaders to assist the children individually and also to help them between meetings where possible. Many of the children did not complete their articles in the meeting but they took them home and finished them.

Some of the demonstrations planned were not given. Demonstrations were changed because of the interests of the children and also the Agent felt that some things were more important to the children after they started the project. The last meeting in school was devoted to planning the summer work. Agent held a training meeting to train the leaders in teaching younger children to make simple garments. The emphasis in this meeting was on teaching children as so many grown people expect too much of children in sewing. This meeting was attended by four leaders. Agent spent a great deal of time in talking with the children about the simple sewing that they could do and divided the girls into groups in working out plans for them to get to the summer meetings. Agent gave them a choice in the different groups of a simple blouse, simple dress, shorts, or skirt and the project varied in the different groups. All day meetings were planned with most of the groups. Agent tried to attend first summer meeting to help the leaders get started with the summer projects. Agent bought patterns

of varying sizes for the club members as the children in these groups were too young to select patterns which they could use in making garments. Agent explained why the particular pattern fitted them, also taking measurements. She tried to explain why the pattern was simple to make. She taught them the use of pattern directions and how to lay it on and cut. She also taught them basting and tailoring tacks and basting wheels. In the first meeting most of the girls got their garments cut and partly sewed. Leaders worked with these girls between meetings or their mothers helped them. In most of the groups the girls completed two or three garments during the summer. Mrs. O. B. Dawson, Leader for the 4-H Club at Elon, took over all of the 4-H project work without the help of the Agent. Leaders for Wright Shop, Temperance Jr., and Clifford conducted half of the project meetings. The results of this project were that the children became interested in sewing, they learned how to use a needle, how to cut on the straight of the material, how to use the sewing machine, how to make simple articles, and simple garments. Many of the children would make extra articles by themselves. One little girl made about eight or ten stuffed toys. The number of articles made by 4-H girls in this project was 651.

2. Room Improvement

The Temperance Sr. 4-H Club girls and boys took this project. My objective was to teach them how to repair, remodel and refinish furniture and probably make simple pieces of furniture. Also my objective was to teach them how much can be saved in this respect and to teach boys and girls to work together on projects. Most of the girls and boys in this community marry very early in life and I hope that this project will lead to cooperation in family life. The Agent planned that the girls and boys work together on the following projects each month under the supervision of the Agent; tying springs, refinishing furniture, reseating chairs, remodeling lamps, making of furniture, making rugs, planning storage and remodeling closets and making closet accessories.

The plan was not followed completely, because as the different demonstrations were given they called for other types of work, or the interest of the boys and girls changed the plan.

One months program was given to explaining the project and its requirements and discussing types of demonstrations that could be given.

Tying of springs was the first project. The Agent had visited one of the girls during the summer and had seen a chair in her room that needed the springs tied. This girl offered her chair for the demonstration.

The Agent demonstrated the different processes in tying springs such as; putting in webbing, sewing in springs, measuring string, tying springs, sewing moss, putting in cotton and putting on covering, and the girls and boys took turns about completing these jobs, on the chair. The Agent also explained where they could buy the materials for upholstering. She also explained how much cheaper it was to repair a chair than to buy a new one.

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The club members decided that it would be nice to slip cover the chair for the next demonstration. The Agent assisted the girl in buying slip cover material for the chair. The Agent explained the proper material for slip covering and how to measure a chair. The Agent demonstrated fitting material to chair by means of pins, marking returning covering, basting and sewing in cord. The girls assisted with all of these processes.

The December project was modernizing and refinishing a washstand of another club members. The Agent explained the use of the wash stand in many rooms in the house. The Agent demonstrated how the top and legs of the stand could be cut off to the piece of furniture giving it a more modern look. This was done with the assistance of the boys and girls. The Agent demonstrated the removing of paint and also explained where to get paint removing material. The girls and boys worked on removing paint.

The January project was refinishing and resetting chairs with splints. The Agent demonstrated the processes in refinishing furniture and where could buy materials. Then the Agent demonstrated the weaves in putting in a split bottom. The club was divided into two groups, one working on refinishing and one on putting bottoms in chairs. The Agent supervised both groups.

The February and March demonstration was making a study desk. One meeting was given to sending the lumber and the other meeting to putting the desk together. The Agent demonstrated, squaring of the lumber, reading blueprints, how to use the saw, how to measure lumber. The Agent supervised the boys and girls work. At the next club meeting the Agent demonstrated how to drive nails, proper use of hammer, how to find center of lumber in driving nails and use of blueprints in putting lumber together.

The April meeting was devoted to remodeling and refinishing picture frames. Agent showed the club members how a number of frames could be made from one old frame. Finishes for the different types of old frames and to refinish new frames they could buy that were inexpensive. They were told where they could buy the new frames. Agent demonstrated how to put prints in frames. Frames were bought by the club girls and the club members assisted the Agent in this demonstration.

The May meeting was devoted to discussing the summer work and making plans. Mary Ann Straton, one of the club girls, offered her room for a result demonstration room for the summer work. She asked the Agent to visit her room and make suggestions as to what she could do to improve her room.

The Agent visited her room and made suggestions as to paint for her walls, how to refinish floors, recommended that she refinish a chest of drawers, how to modernize an iron bed, making a bedside table, and shelves over the bed, resetting chairs, making dressing table, remodeling lamps, and remodeling picture frames.

The principal, Mr. McDermott of Temperance High School gave a two

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hour period for the club, as he felt it would take that much time for the type of project and they would receive enough benefit from it. The school did not have Home Economics.

All day meetings were planned for the summer projects.

The June meeting was devoted to making bedside table and shelves over the bed and sewing off the iron bed belonging to one of the club girls, Mary Anna Stratton. The Agent demonstrated how to saw beds, how to measure lumber and plan shelves for over the bed. The work was done by club members. The Agent also supervised the making of the bedside table. The club had already been trained in the use of blueprints and other skills needed for making simple furniture, so not much supervision was needed. Mrs. Stratton, the leader, also assisted the club members and assisted her daughter in finishing the shelves. The club members brought their lunches and had a picnic. The Strattons have a lake so they finished up with a swim.

The July meeting was devoted to making a dressing table and a dust ruffle. The Agent demonstrated how to measure material for dressing table and ruffle, also the sewing machine attachments in ruffling and hemming. The Agent brought her machine and Mrs. Stratton had one, so the girls were divided into two groups taking turns at sewing. The boys worked at refinishing the desk made in April.

The August meeting was devoted to remodeling lamps. The girls were asked to bring old oil lamps and bottles for making lamps. Agent taught them the value of good lamps and the need for more lamps for reading and studying. She also demonstration how to use adapters, diffusing bowls, wiring of lamps and proper shades. Each girl worked on her own lamp and the boys assisted.

Mrs. Stratton, the leader, gave a demonstration on making curtains and assisted the members between meetings.

This project was very valuable in teaching club members the value of using old furniture in furnishing a room and the use of inexpensive materials in decorating and the use of color. It taught them to work and play together.

The room was toured by the club at the October meeting. The Lovessville Home Demonstration Club plans to visit the room. The room was an inspiration to the community.

3. Room Improvement, Care and Arrangement

This project was taken by the Pleasant View Jr. 4-H Club. There were twenty-four girls in this club. My objective was to interest the girls in doing a better job of housekeeping at home. Also to teach them better methods in housekeeping. My objective was to have this project continue in the summer. I plan to teach them to make articles and materials to help in housekeeping. I planned the following demonstrations; daily, weekly and occasional care of rooms, cleaning materials, table mats, Christmas decorations, improving storage in bedrooms, washing dishes, simple repairs for home, arrangement of bedroom, and making of bedroom accessories.

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The October meeting was devoted to explaining the project, requirements and discussing plans for the year.

The October meeting was given to daily and weekly care of rooms and cleaning materials. The Agents discussed with the girls caring for their rooms. She demonstrated dusting cloth, making wall cleaner and its use, making furniture polisher and wall wiper. The girls were given work sheets to keep as records of work done. They were asked to make and use articles demonstrated. The club members were to report these at the next club meeting.

The November meeting was a demonstration on arrangement of bedrooms. The Agent used the black board in making drawings of different club members bedrooms and explained the placing of furniture. The club members discussed arrangement and each girl was urged to improve the arrangement of her room.

The December meeting was given to Christmas decorations. Agent demonstrated making of simple decorations from pine, old candles, ivy, cotton and cardboard and the use of red, gold and silver paint in tinting weeds and greens.

By the January meeting a leader had been secured for the club, Mrs. Atwell Carpenter, Jr. She was a young home maker in the community and a Home Demonstration Club member. She came to the January meeting to get acquainted with the club members. Agent gave the demonstration on setting the table. A number of the club members demonstrated table setting after the Agent. Table manners were discussed. The Club girls put on a demonstration of serving a meal. The girls were asked to record times they set the table at home.

For the February meeting the leader gave a demonstration on dish washing, asking a number of the girls to repeat the demonstration.

The March meeting demonstration was given by the Agent, making storage articles for the bedroom, such as drawer petitions, glove and sock bags, hat racks and laundry bags. The leader was to assist the girls with making these articles between meetings.

The girls were asked to bring old lamp shades to the meeting in April. Agent demonstrated with the help of the leader the making of lamp shades from cotton materials and thin card board. The girls who brought lamp shades worked on their shades. Agent and Leader supervised.

The May meeting was devoted to discussing the summer work and making plans. The club decided to take reseating chairs, refinishing and remodeling lamps. The club was to meet with Mrs. Carpenter for the summer as she lived in a central place.

For the June Meeting the club girls were asked to bring chairs that needed bottoming. Agent demonstrated the weaves for split bottoms and the leader helped them finish them. She had some extra meetings for this purpose.

The July meeting was a demonstration on refinishing the chairs. The Agent demonstrated removing the old finish, sanding, and how to refinish. She told them where to buy materials and types of materials needed. The leader helped them finish.

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For the August meeting the girls were asked to bring old oil lamps to remodel. Agent demonstrated the electrification of lamps and the girls fixed the lamps they brought. The Agent discussed proper lighting and shades.

This club decided to continue room improvement for the next year.

The results of the two room improvement projects are as follows:

36 rooms improved
40 articles made and bought
17 pieces of furniture remodeled, made or refinished
12 rooms rearranged
12 lamps renovated

4. Food Preparation

My objectives were to develop in small girls an interest in cooking to preserve food values and get better quality of products. Also to teach them better food habits, especially in the use of milk and fresh fruits and vegetables. At each club meeting the Agent or Leader will assist the A-H Club girls in giving demonstrations on the following: cooking breakfast, salads, milk dishes, vegetable cookery, meal serving, preparation of refreshments, fixing a picnic lunch, giving a party and Christmas decorations.

In September the Agent explained the project and requirements. Plans were made for the monthly meetings, which were to be in the Cafeteria of the Monroe School. The Agent was to write the girls each month what food they were to bring for the demonstration.

The October meeting project was cooking breakfast. The Agent explained the importance of a good breakfast and the food value of breakfasts with milk, fruits, cereals and eggs. The girls were divided into teams of two to prepare the different dishes. The Agent explained the preparation of each; the importance of using accurate measurements and giving hints in cooking eggs, and milk. The different teams prepared apple sauce, cocoa, oatmeal, scrambled eggs and toast with the assistance of the Agent and the leader, Mrs. H. G. Graybeal. Two girls were selected to set the table with the help of the leader and she gave suggestions as to correct setting of the table. The girls doing the cooking served the breakfast. Four A-H Club members were selected to wash up the dishes. The girls were instructed in how to fill out their work sheets and was asked to cook each dish five times before the next meeting. Also to keep a record of dish washing, setting table, and other things they cooked.

The November project was making salads. The girls brought food that the Agent asked them to bring. They prepared carrots and peach salad, and two kinds of vegetable salad. Agent explained the importance of fruits and vegetables in the diet. She gave hints about keeping fruits and vegetables cool, and crisp and explained how to make salads attractive. Teams of two prepared the different salads with the help of Agent and Leader. The girls were asked to make salad five times before the next meeting. Also a check was made on work done by the girls since the last meeting.

The December demonstration, given by the Agent was on Christmas

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decorations. She demonstrated decorations made of evergreens, ivy, candles and the use of gold, red and silver paint in making decorations from weeds and pine cones. The girls were asked to use these decorations in their homes for Christmas.

The January and February meetings were devoted to cooking of milk and egg dishes. The girls made custards and cheese soufflé. The Agent explained the importance of milk and eggs in the diet. She told the girls that they should drink a quart of milk a day or get their milk in other foods. She discussed the use of low heat in cooking milk and eggs. The girls prepared these dishes with the help of the Agent and Leader. The girls were asked to cook each five times before the next meeting.

In March the Leader had the girls come to her house for cookie making. She gave instructions in making cookies and the girls prepared punch.

The April meeting was devoted to vegetable cooking. The A-H Club girls demonstrated the cooking of potatoes, cabbage, string beans. The Agent discussed their food value; the importance of cooking vegetables with a small quantity of water and as short a cooking period as possible. The girls were taught the use of the pressure cooker in cooking vegetables and how to operate the cooker. The cooking of these vegetables was done by the girls in teams with the assistance of the Leader and the Agent.

The April meeting was given to meal planning. They were taught what should be included in a meal and the use of the basic seven. Each girl was asked to plan a meal.

The May meeting was devoted to discussing summer work and making plans. The girls decided to have their summer meetings with their leader. The first meeting preparing a picnic lunch. They decided to have potatoe salad, pimento cheese sandwiches, hot dogs, tomatoes, pickle, cookies, and iced tea. Each girl was to be notified by the Agent what she was to bring. A check was made by leader and agent on work done so far.

For the June meeting the girls were divided into teams to prepare the different picnic foods. The Agent and the Leader assisted them with their preparations. The girls had a picnic in Mrs. Graybeal's yard. Plans were made for the menu for the next meeting.

The July meeting was cooking a meal and serving a meal. Mrs. Graybeal, the leader gave this demonstration.

The food preparation project gave information on measuring, proper cooking of simple foods, meal planning and preparation and how to get the proper diet. It taught them to work together.

The Leader was very helpful in letting the girls use her house and in giving demonstrations. She also helped in getting the girls to bring food for the demonstrations.

The results were as follows:

53 Meals Planned
18 Meals served by club members
450 lunches prepared by club members
36 times cookies were made by club members
25 milk dishes cooked
44 times salads were made
51 times vegetables were cooked
16 times refreshments were prepared

5. Make and Remake

My objective in this project was to teach the Sr. 4-H Club girls how to select more becoming clothes, suited to the occasion, and figure. Teach them to plan better wardrobes to save money and be better dressed. The use of accessories in dressing up their costumes and proper accessories. How to measure in buying a pattern, use of pattern in buying material and notions. How to read guide sheet of patterns and to interpret patterns, marking and adjustment of patterns. Teach them the proper laying and cutting. Teach them better finishes and how to button and button holes.

make

Madison Heights Sr. 4-H Club girls took this project. There were twenty girls enrolled in this project. The club had only one hour during school. The Agent gave the demonstrations and the girls were encouraged to sew out of school.

The first meeting was devoted to organization of the club, explanation of the project, requirements and discussion of plans.

For the October meeting the Agent brought charts of clothes for the different accessories. She discussed these charts with the club members. She showed pictures of clothes suitable to the different figures, explaining lines, materials and colors. The girls were asked if they would mind if the Agent selected different types as to figure color and personality from the group. The girls agreed to this. Suitable clothes were discussed for about five types. For the next meeting the girls were asked to bring accessories to be used for the demonstration.

For the November meeting the Agent showed pictures from magazines of the different types of accessories being used and how they added to the costume. She also cautioned the girls about over use of accessories. With the accessories the girls and the Agent brought, the club had a grand time out of scarfs, necklaces, pearls, pins, bracelets and flowers in different arrangements on club members.

In the December meeting the Agent demonstrated how to measure for buying a pattern. After the demonstration the girls were divided into pairs, they measured each other writing down their measurements. The Agent discussed how to select size of pattern from measurements, how to know amount of material needed for size. She also showed the girls on pattern envelopes the recommended materials and notions given by most pattern companies.

The January meeting was devoted to interpretation of the guide sheet by the Agent. Also adjustment of pattern to fit the figure.

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The February meeting was devoted to laying the pattern on the material according to directions and cutting a dress. The girls helped with laying the pattern on the material and cutting.

For the March meeting the Agent brought samples of finishes in sewing. She showed the different types of seams and explained where to use these seams on garments. The Agent demonstrated neck finishes from samples. She demonstrated how to put a collar on a dress. She showed samples of two ways to finish a seam. She demonstrated how to put in a sleeve. Putting in a hem was demonstrated by Agent, then club members repeated these demonstrations. The girls were asked to bring material and their sewing boxes to learn to make buttons and button holes.

At the April meeting the Agent demonstrated how to make worked button holes and make covered buttons from ivory rings. After the demonstration the club girls practiced making buttons with the Agent's supervision.

The May meeting was devoted to discussing the possibility of summer meetings. Most of the girls planned to get jobs for the summer, or they lived so far apart that it was impossible to have meetings during the summer. There was a discussion as to the garments that the girls could make by themselves during the summer from the information gotten during the winter. They were urged to make garments with the help of their mothers and other women in the community that might help them.

The result of this project was that forty-six garments were made and seventeen other articles, which cost \$169.00, therefore a saving of \$105.00.

6. Food Preservation

My objectives were to teach the girls better methods of canning, to increase the family food supply, and to teach them to use government canning bulletins in canning. I planned to ask club members in the different clubs if they would like to take this as an extra project. My plan was to talk to the girls in the canning project about how to and what to do before school was out, and give them the requirements. I planned to group meetings on canning.

The girls were enrolled in the canning project in February and were given record sheets and canning bulletins. In the May club meeting the Agent discussed standards. The Agent wrote a letter to each canning girl giving them suggestions in canning in the early summer. Two group meetings were held with the Agent giving demonstrations on canning three vegetables, tomatoes, and one fruit. The girls repeated these demonstrations after the Agent and each girl canned about two pints. The Agent explained how to can other fruits and vegetables with the use of the canning bulletin. When visiting the 4-H Club gardens the Agent asked to see canning done by the girls and made suggestions. She also helped when visiting the girls at other times. The mothers of the girls were asked to help their daughters.

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It was felt that the girls improved in the quality of canning and more was canned this year. Nine girls enrolled last year and twenty-girls enrolled this year. The girls canned 726 cans alone and helped can 2872.

7. Garden Project

My objectives were to interest girls in gardening. To encourage the planting of more different kinds of vegetables, to improve cultivation, to encourage the use of fertilizer and the use of insect control, and to teach the value of fall gardens. By the use of records the Agent hoped to teach the value of a good garden.

Twenty club girls were enrolled in this project in February. They got permission from their parents to carry this project, by having them sign a card. They were given the requirements. The record books were explained. They were given a garden leaflet on what the required plants were and how to plant. Mr. F. H. Scott, the Garden Specialist, sent letters to the agent twice with helpful suggestions on planting cultivation and insect control, which were mailed to the garden girls. One of the letters was on what to plant in the fall garden. The gardens were visited in June and September by Mr. Scott, garden specialist, and Agent for scoring of gardens and making suggestions. Eighteen girls completed this project, with three acres planted. It was felt that the gardens improved in quality and quantity of vegetables planted.

B. Other Activities

1. Community Activity

A. Rat Campaign

The Home Demonstration Clubs sponsored this campaign and asked the 4-H Club girls and boys to assist. It was planned that a teacher or principal in each school be asked to collect and give receipts for money the clubmembers would collect and bring from families and neighbors. The club members were to advertise the campaign in their communities.

In the January club meetings the campaign was explained to the club members, giving them the date that the money had to be in to their teachers. They were also reminded of this at the February club meeting. The teachers in the schools were very helpful in making announcements about the campaign. About 150 packages of poison was sold by club members.

b. Amherst Fair and Lynchburg Farm Show

These fairs were to be used in encouraging club members to do better work and to learn from other clubs and counties about 4-H Club work.

The Agent contacted outstanding club members asking them to exhibit at the Lynchburg Farm Show. They exhibited sewing, house furnishing and canning. The quality of work exhibited was better than last year with more prizes won.

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For the Amherst Fair the Agent gave out fair catalogs at the September meetings and explained work that could be exhibited. Each girl was asked to write on a sheet of paper what she would like to exhibit. The Agent told them she would write them before the fair and remind them to bring exhibits to school the day before the fair, as many of the children did not have a way to get exhibits to the fair. Some of the leaders and teachers assisted in bringing in exhibits. Two of the club girls assisted with registering exhibits and the Home Demonstration Club women assisted with putting them up. The 4-H Club exhibit was three times larger than last year, with better quality. Exhibits were made in house furnishings, sewing, canning, hand work, and garden. The exhibits were visited by about 150 club girls. They were very interested in other club girls work. It was felt that the fair would improve quality of club work. Eleven clubs made exhibits.

c. 4-H Contests

The purpose of this activity was to have 4-H Club girls enter the 4-H Club contests for their projects they were carrying, to have the contests promote better 4-H Club work for all members rather than just a few individuals.

The contests were explained to the 4-H Club members at the club meetings, emphasis was put on progress instead of winning, as the clubs are made up of so many young girls. Through the year the Agent reminded the girls of completing projects and doing better work. The Agent also explained what they would have to do to win county, state and National contest. Records were filled out at the end of the year and judged for winners. It was felt that contests improve quality and quantity of club work and encourage girls to stay in club work longer.

d. Sears Roebuck Contest

This contest was put on by the Sears Roebuck people in Lynchburg to encourage 4-H Club girls in gardening and canning.

The Agent explained to garden and canning girls that they could enter the contest and gave the requirements and prizes offered. Eighteen girls entered the contest and seven girls received county prizes which in all amounted to \$36.00. The prize money greatly inspired the girls in gardening and canning. The 4-H Club county winners visited the canning exhibit at the Sears Roebuck store in Lynchburg and learned much about quality from other county exhibits. They also saw slides of gardens in the district.

e. 4-H Club Camp

4-H Club camp was to encourage the 4-H Club girls in wholesome recreation, club spirit and better club leadership. My purpose was to get more club girls to go to camp. I also planned to ask Home Demonstration Clubs to give scholarships to club girls doing good club work that would be unable to attend financially.

The Agent assisted with planning the camp program with other Agents.

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Club members were told about camp program, expenses, pleasures and benefits gotten from camp. The Agent wrote a letter to each club member's parents explaining camp and asked if they would like for their daughter to attend. At the next club meeting the Agent got a list of the club girls who had permission to attend. Letters were sent to this list of girls concerning transportation, clothing and other equipment needed. Twenty-eight club girls attended with two leaders. Singing, leadership and club spirit was improved by the girls attending camp.

f. 4-H Club Tour

Mary Anna Stratton a Sr. 4-H Club girl from Temperance had done an excellent job in completely doing a room. The girls were interested in seeing the room and it was felt by the Agent that the 4-H Club girls taking Room Improvement could learn much.

The Agent asked permission of the principal of the school to take the Sr. club on a tour of Mary Anna Stratton's bedroom for the October meeting. Fifteen girls went on this tour. The Agent explained the color scheme of the room, she showed them how Mary Anna had re-finished, remodeled and made furniture. She also discussed making of curtains, dressing table cover and dust ruffle from inexpensive materials. Mary Anna told the girls her room cost about thirty dollars. The room was quite an inspiration to the girls taking room improvement. The Wright Shop 4-H Club plans to visit this room in December as they are taking room improvement.

g. Rural Life Sunday

The purpose of Rural Life Sunday was to have the 4-H Club girls and boys take part in church services on this Sunday.

The club members were asked to attend church, take flowers and assist with taking the collection. Many of the girls and boys reported that they attended church and took flowers.

VII. Young Men and Young Women's Work

My plan was for all of the All Stars and outstanding young men and women in each community to have a banquet in January. Mr. W. W. Eure, Extension Specialist, Older Youth work, was to talk on young men and women's work and the plan was to have him assist with plans for Amherst County. The object of this banquet was to work an interest in young men and women's clubs in the county. The object was to establish a county club and to plan both educational and recreational programs. I planned to have a representative of the county attend the Virginia Beach Young Men and Women's camp in August.

In February the Agent contacted young people in three communities in the county, Elon, Temperance and Clifford and two people from each community were to come to an executive meeting to plan for a banquet. They were also asked to give the Agent a list of young men and women to be invited. It was decided that all of the All Stars of the county were

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to be invited. The committee was to work up an interest in the banquet personally in their communities.

The Agent wrote all young people listed and All Stars, inviting them to a banquet the first of March. Mr. Eure, Mr. C. B. Ross, County Agent, and Mr. Reginald Speir, Assistant County Agent were invited. The banquet was held at the Amherst Restaurant with seventeen people attending, counting the three Agents and Mr. Eure. Mr. Eure gave a talk on the organization of Young Men and Women's clubs. The group had square dancing at the Parish House afterwards. A recreational meeting was planned for the later part of March at the Clifford School. Each person was asked to try to bring new members.

The Agent wrote letters to the recommended list of young people inviting them to the Clifford meeting. Five young people came and Agents and Mr. Eure. They had square dancing. It was recommended by the group that another meeting be held at the Elon school in about two weeks and that they have a discussion led by Thomas Tucker and have square dancing afterwards. Five boys and three girls attended this meeting and Home Agent and Assistant County Agent. The discussion led by Thomas Tucker was very successful. The young people enjoyed the square dancing afterwards. Since the banquet meeting was the most successful another banquet was planned.

At this next meeting four young people with the Home Agent and Assistant County Agent attended. Since there had been so few in attendance at this meeting and the others it was decided to abandon meetings for the present. It was found that so many young men had gone to war, young couples had children, other activities conflicted and young people got home from work at such late hours that it was impossible to get a crowd.

Two Home Demonstration Clubs had mostly young married women in them, Elon and Lillian Livesay. Nearly all of the Home Demonstration Clubs have some young married women. It was felt by the Home Demonstration Committee of Amherst that getting young home makers to join the clubs should be an objective for the coming year.

The Agent was invited to attend a meeting of the Young Women belonging to the Court Street Methodist Church in Lynchburg to give a talk on "Decorating Homes at Low Cost." She showed slides, pictures and talked on buying, refinishing and remodeling furniture. She also discussed color schemes. Thirty young women attended the meeting. The Agent sent out requested material afterwards.

The Home Demonstration Agent worked with the Junior Women's Club of Amherst in promoting an Amherst County Band. She asked officers of the Home Demonstration County Committee to attend this band meeting, also attended the meeting herself. Five club women attended the meeting. All Home Demonstration Clubs were asked to come to this meeting and to contribute to this cause by the Agent. Members of the Junior Women's Club attended some of the Home Demonstration Club meetings to present the promoting of the band.

VIII. Scope of Work

	1948	1949	1950	1951
No. H. D. Clubs or Groups	13	13	14	16
Membership	420	268	316	348
No. 4-H Clubs		12	12	12
Membership	300	287	211	215
No. 1H Groups	4	5	3	4
Membership	460	194	159	150
No. of other families reached	2100	1072	250	199
Total No. families reached	6600	3116	841	1114

II. How Organizations Functioned in The 1951 Program

A. County Board of Agriculture

- One meeting was held during the year, and the Agent was attending the Agent's Short Course at V.P.I., so was unable to attend.

• B. County Home Demonstration Committee

The County Home Demonstration Committee is composed of the President - Mrs. Cobe Stuart - Vice President - Mrs. R. H. Laming - Secretary - Mrs. Raymond Gregory - Treasurer - Mrs. Ashby Woods - Goal Chairman - Mrs. I. P. Wallis - Program Development Chairman - Mrs. Walker Tucker - Also there are six members at Large - Mrs. John Long, Miss Phyllis Lee, Mrs. Roy Conody, Mrs. Ben Wilcox, Mrs. Ruth Davis, Mrs. I. P. Wallies, Mrs. Ed. Serridge and Mrs. P. P. Serridge, Presidents of clubs and Program Development Chairman of clubs.

The executive committee, composed of County Committee officers met before the Spring and Fall Planning Meetings to discuss plans for the planning meeting and to discuss needs of County as to program, objectives and Goals.

- The County Home Demonstration Committee met in May. They discussed program planning in clubs and long time planning. Making money for the County Federation of Home Demonstrations Clubs was discussed and it was voted to sell vanilla and mirceloth. The nominating committee reported and a new vice-president and treasurer were elected. The Amberst County Fair was discussed. Committees to put up exhibits at the fair were appointed from Amberst, Balloue Peolar Mills and Clifford Home Demonstration Clubs, and the hortessas were appointed to explain and take care of exhibits during the fair.

- 4-H Short Course and 4-H Club camp was discussed. The County Home Demonstration Committee voted a scholarship to send a deserving 4-H Club girl to the Short Course. It was voted that the Home Demonstration Clubs be asked for scholarships to send 4-H Club girls to camp that had done good 4-H Club work but were unable to attend because of financials.

A report was made by the Federation Goal Chairman on accomplishments

of the year and clubs were urged to complete Goal program. The Home Demonstration Clubs were asked to help with the Child Welfare Organization of Virginia and they voted to assist. Institute of Rural Affairs was discussed and each club was to send a representative.

The County Home Demonstration Committee had a planning meeting in September. A report was made by Mr. R. H. Lanning, Vice-President on the Institute of Rural Affairs. The Agent, Lucy Wall discussed the county accomplishments and needs. The Club Presidents gave club suggestions for 1952 program. Miss Lucy Blake, District Agent, discussed suggestions for program and made recommendations for the program. Mrs. Gola Sturtz, President, appointed calendar committee and the committee with the assistance of the Agent and District Agent put program into calendar. The Federation Goal Chairman, Mrs. I. P. Wallas, discussed Federation Goals for 1952. Citizenship was selected by the committee. The objectives committee made recommendations for objectives for 1952; the following objectives were voted for:

1. Unification of County wide program - suggestion - all day meeting at Sweet Briar College with speaker and reports.
2. Promote extension of telephone service throughout county.
3. Sponsor extension of running water in the home.
4. Encourage young members throughout the county by increased membership or special demonstrations to new members.
5. 100% completion of Federation Goal.

Mr. Book committee was appointed by the president consisting of Mr. Ed. Sandidge, Mrs. Tyler Fuldner and Mrs. Raymond Gregory.

Marketing committee made a report and the following officers were elected - President - Mrs. Walter Under - Secretary - Mrs. Gertrude Mills.

The Agent used the Executive committee to work out problems concerning Home Demonstration work during the year.

C. County Chapter of 4-H All Stars

The 4-H All Stars were asked to attend the Young Men and Women's banquet and to back this organization. It was found that there were very few of them in the county and they were tied down with family and children. Only two attended the meeting.

X. Leadership

A. Contributions of the Volunteer Leaders to Program

1. Organizations

The Adult organizational leaders are the President, Vice-President, Secretary and Treasurer. The President is responsible for her individual club in that she conducts the meetings, brings before the meetings any business, sees that her leaders attend leader training meetings. She herself attends planning meetings and sometimes leader training meetings. She advises the Agent of the needs of her club and how to carry out the work. The Vice-President takes over the

activities of the President in her absence. The Secretary keeps the minutes of the meetings and often sends information to the Agent. The Treasurer keeps a record of the money and handles the money in paying bills. She sometimes acts as a finance chairman helping the club to put on money making projects.

There were also eight organizational leaders for the 4-H Clubs. They helped provide meeting places, and acted as advisors to the Agent concerning club problems. There was also a sponsor leader for each 4-H Club. They worked up an interest in 4-H Club work in announcing meetings at school and asking the children to bring materials to work with, they were teachers in the schools. They also helped plan club activities.

In each 4-H Club as in the Home Demonstration Clubs they had a President, Vice President, Secretary, Treasurer and Song Leader. The president makes preparations for the meetings and conducts the meetings. The Vice-president takes charge in the absence of the president. The Secretary keeps a record of club meetings. The treasurer handles all funds for the 4-H Club. The song leader selects the songs and leads the club members in singing.

2. Program Development

Each Home Demonstration Club has a program development chairman. The purpose of this chairman is to report the needs of her club and community for the coming years program. She attends the program planning meeting in the fall and brings suggestions from her club.

3. Subject Matter

Each Home Demonstration Club had two leaders for each subject matter field covered by the program. The leaders are chosen for their interests in the special subject matter field. She attends leader training meetings to get information from the specialists, then returns to her club giving the demonstration or getting materials for the Agent to give the demonstration and assists the Agent in giving the demonstration. Many of the subject matter leaders were very useful in carrying information to non-club members in the county. They also helped many people with individual projects who are club members.

B. Growth of Leadership by Project Leaders Over the Four-Year Period in Adult and Junior Work

<u>Growth of H.D. Club Project Leadership</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>	<u>1951</u>
No. project leaders and goal chairmen	131	104	130	223
No. training meetings held by Specialist	10	5	15	5
by Agent	0	0	1	8
Attendance at all training meetings	119	93	102	236
No. club meetings held by leaders without Agent present	35	17	60	83
No. additional club meetings at which leader assisted			88	65

<u>Growth of 4-H Club Project Leadership</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>	<u>1951</u>
No. adult project leaders	33	7	23	16
No. Junior Project Leaders	60	0	10	30
No. training meetings held by Specialist	5	4	1	0
by Agent				3
Attendance at leader training meetings	64	78	41	37
No. 4-H Club Leaders trained individually	0	0	12	9
No. club meetings held by leader without Agent present	56	9	10	16
No. of additional club meetings at which leaders assisted	0	28	10	75
No. demonstrations given by Leaders	0	28	121	249
By Adult	0	29	10	176
By Junior	0	0	111	73

There were sixteen adult project leaders and thirty junior project leaders for the 4-H Clubs. The adult 4-H Club Leaders gave demonstrations in the absence of the Agent; helped Agent in giving demonstrations, worked with girls between meetings, helped get materials for meetings, helped develop plans for clubs, advised Agent concerning problems of club work, helping in transportation of club members and helped in recreation for clubs.

There were thirty junior project leaders. They gave demonstrations at club meetings, assisted the agent in giving demonstrations. These girls helped other younger girls in their communities with projects and had result demonstrations.

C. An Outstanding Leader and Her Accomplishments

Mrs. Frank Stratton of Temperance Community was an outstanding 4-H Club leader in that she acted as leader for the Temperance Jr. and Sr. 4-H Clubs. Mrs. Stratton assisted the Agent during the winter and summer months with giving demonstrations in the room improvement project and the sewing project. She gave demonstrations to both groups in the absence of the Agent. Mrs. Stratton encouraged the girls to come to her home for help between meetings, saying that she could teach them while she did her work. The Temperance Sr. 4-H Club had their summer meetings at her home. She always prepared fried chicken and other delicious foods for the club and made them welcome in every way. She had a lake on her farm where the girls and boys took a swim after the meetings. Mrs. Stratton gave a picnic for both the Jr. and Sr. Temperance 4-H Clubs at the end of the summer preparing food for the whole crowd and entertained them with swimming and boating. Mrs. Stratton went as a leader to 4-H Club camp doing an excellent job. She was so pleased with the benefits of the 4-H Club camp that she next year is going to pay half of the expenses of some of the children that would be unable to go to camp. Mrs. Stratton assisted her own daughter in doing over her room, which was toured by the Sr. 4-H Club. She was a sincere hard working 4-H Club Leader.

II. Work in cooperation with other agencies

1. County Health Association

The Agent attended monthly meetings. She secured health films

From the Health Department to show in the Home Demonstration Clubs and get a representative of the Health Department to talk about health work at meetings.

The Health Department also asked the Agent to secure films on food for their weekly movies.

2. Mental Hygiene Chapter

The Agent attended meetings for interested people and became a member of the Chapter. She distributed educational pamphlets to home Demonstration clubs on mental hygiene.

3. Cancer Foundation

The Agent had Home Demonstration Club members help and helped distribute Cancer boxes to the different communities. She also got club women to help in collecting money for Cancer. The Agent helped collect boxes at the end of the fund drive. She helped promote the showing of Cancer films in the Home Demonstration Clubs.

4. Home Economics Teacher and Agriculture Teacher

With the help of the Home Economics teacher the Agent prepared the Amherst Fair Catalogue. The Home Economics teacher and Agent put up 4-H and Home Economics exhibit at the fair together with the assistance of the girls from both groups.

The Agriculture teacher was very helpful in lending projector and slides and machines to Agent for work with the Home Demonstration and 4-H Clubs.

5. Amherst County Fair and Lynchburg Farm Show

The Agent attended planning meetings for the fairs. She helped in preparing the catalogues and distributing them to farm people. The Agent helped in securing exhibits for both fairs and in arranging the exhibits. She organized the Home Demonstration Club members and 4-H Club girls to assist with the Amherst Fair.

6. Amherst County Day

The Agent attended about four meetings in planning for Amherst County Day. The Home Demonstration exhibits were secured by Agent and a group of Home Demonstration Club women. With the help of club women and the Sweet Briar Grounds force the Agent arranged the exhibit.

7. Junior Womens Club

The Junior Womens Club was sponsoring an Amherst County Band. The Agent attended the Band meeting and invited officers of the County to attend. She asked the Home Demonstration Clubs to contribute to the band fund and explain the project to club members to interest them.

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8. Civilian Defense

The Agent attended the Civilian Defense meeting. She asked Eric Lund to announce on the WLVA farm program for as many club women to attend as could. The officers of the county were given special invitations by the Agent.

9. University of Virginia Extension Service

The Agent took an extension course on psychology at the Y.W.C.A. in Lynchburg. She also made suggestions for another course for Amherst County.

10. Tuberculosis Association

The Agent asked the Home Demonstration Club members to attend the T. B. X-Ray clinic and to advertise this in their communities.

XII. Appraisal Of Year's Work

The Agent feels that the Home Demonstration and the 4-H work has done much to interest the people in having more attractive homes; they have become interested in doing this with furnishings on hand with the use of good inexpensive materials. Club members have become interested in doing handwork for practical use in the home. There has been an increased interest in preparing better meals and more nutritious meals. One of the greatest improvements in the Home Demonstration work in the county is that the people want a broader program and more practical program. They are willing to give more time to each project to get better results. There has developed better community spirit in club work and a n interest in uniting the club work more in the county. The club work had definitely informed members about local agencies and the help they can get from them. This has led clubs to be more interested in helping these agencies. There has been a marked improvement in quality of leadership in Home Demonstration and 4-H Club work. The 4-H Club work has improved in quality and interest has improved.