

VIRGINIA

ROCKBRIDGE Home demonstration agent Annual report 1942
county

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REPORT FILES
EXTENSION WORK

ANNUAL NARRATIVE REPORT

HOME DEMONSTRATION WORK

ROCKBRIDGE COUNTY

VIRGINIA

HOME DEM AGENT ANNUAL REPORT

1942

Miss Catherine Peery

Home Demonstration Agent

December 1, 1941 - November 30, 1942

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III. SCOPE OF WORK

A. Home Demonstration Clubs:

No. 17 Membership 512

Other groups sponsored by home demonstration clubs:

No. Clubs -

White 4 Membership 103

Negro 1 Membership 15

B. 4-H Clubs:

No. 7 Membership 224

C. Older Youth Groups:

No. 4 Membership 102

D. NW. reached through special classes taught by agent 63.

E. No. families reached through neighborhood & community leaders 1800.

F. Estimate total number families reached 1950. No. Farm Families in County 2125

IV. ORGANIZATION

A. County Home Demonstration Committee.

This committee is directly responsible for the home demonstration program in the county. It is the governing body of the work.

The president of each of the seventeen home demonstration clubs together with a few interested women compose the membership. This committee has its own officers which serve for a period of two years.

This committee has held two meetings this year. Before the meetings the club president discusses the business that is to be brought up with her club which helps her to make decisions on county planning.

Any work that pertains to all of the clubs is taken up with the county home demonstration committee. They make the county plan of work, select the federation goal which is to be stressed, make recommendations as to the campaign, plan any county programs such as, Better Homes Day, Achievement Day and Fair Programs.

The chairman of the home demonstration committee serves on the Agricultural Planning Board. Through this committee the county work is unified.

B. County Agricultural Board

The Agricultural Board was organized in Rockbridge County in March of this year. The farm agent called together all professional workers who work with the farmers and home makers of the county. This includes many different agencies such as, Farm Security, A. A. A., home economics teachers, vocational agricultural teachers, Farm Credit, Soil Conservation and Extension workers together with some lay people.

This board has held three meetings this year. The first meet-

ing was devoted to the organization of the communities and neighborhoods. A map of the county was used to divide the area into these groups. The six magisterial districts, with Goshen as a seventh, were selected as the big communities. This was done because the people are used to meeting by districts to vote, and to do other things. Walkers Creek District covers so much mileage that Goshen was made a separate community. At this first meeting one man and one woman was chosen to serve as community leaders. A date was selected to meet with each of these communities to block off the neighborhoods. The farm and home agent met with each of the committees in the seven communities and with the map they drew off boundary lines and selected neighborhood leaders. There are sixty-four neighborhoods with approximately fifty families each. The community leaders knew their section well and were a great help in this effort. The neighborhoods were given a name which everyone knew locally and a description of the neighborhood was written down such as, "all homes along route 60 from Central line to bridge at Buena Vista; down river to and including Nelson Watt's tenant house including all people between Fex Filling Station and J. A. McCormick." This was known as the Ben Salem neighborhood. This description means a lot to the people within the neighborhood and they can follow it easily.

There are 128 neighborhood leaders. Separate meetings were held with each group for explanation of their duties. Each leader listed the families in their neighborhood and kept a copy for himself and turned in one to the agents.

The first job the community and neighborhood leaders undertook was the victory gardens. Training meetings were held by the home and farm agent with the assistance of the garden specialist. The

leaders were impressed with the fact that they were directly responsible for contacting each family within their neighborhood and doing all they could to encourage them to grow all of their own food considering nutritive values. Literature and latest garden information was given each family. Welfare families were given special help and the welfare department assisted by giving seeds.

Other programs which have been conducted in this same manner through the community and neighborhood leaders have been the War Bond Pledge Campaign, the Anti-Inflation Program and as this report is being written plans are being made for the Share The Meat Drive.

The home agent has held poultry, gardening, storage, drying and canning leader training meetings for club leaders at which time community and neighborhood leaders have been urged to attend so that they may be better trained to serve their families.

Since the tire and gas shortages have become more acute, the neighborhood leaders have had to subdivide their areas. They have been responsible for getting people to work certain territories and getting a report from them. In this way the Agricultural Board is not confused in changes in personnel.

The home agent finds that new members have been added to the club rolls through the efforts of some of the neighborhood and community leaders. The majority of the leaders have done a good job and most of them have realized that before they can lead or give advice they must first set the example and practice what they preach.

C. Professional Workers' Council

The professional workers' council is made up of the paid super-

visors of the various agencies such as were mentioned in the report of the Agricultural Planning Board.

No set meetings of this council have been held this year other than called meetings of the Agricultural Board and special ones such as, Share The Meat Campaign.

The professional workers have assisted with the training of the community and neighborhood leaders. However, due to conflicting schedules most of the training has been done by the extension agents and the farm security home supervisor.

V. LEADERSHIP

A. Adult Work

Every home demonstration club has five different types of leaders. The regular officers includes the chairman, vice chairman, secretary, treasurer, reporter and song leader. These are elected once every year by the club members. Some clubs in Hockbridge County have made a ruling to elect only half of the officers every year, thereby each officer serves two years. This is a right satisfactory policy because it eliminates having all new officers and does not hinder the progress of the club.

New officers are given a list of their duties upon election. The home agent prepares a folder for each chairman, giving the order of business, some parliamentary rules, list of her officers and committees, a copy of the clubs plan of work and a roll call of membership. This proves very helpful to the chairman. There are eighty-five such leaders in Hockbridge County.

The second type of leadership among the adult clubs is project. Each club chairman appointed individual members to serve as leaders in

poultry, garden, clothing, home management, and nutrition. It is their duty to attend leader training meetings and to bring back information to the club. They have charge of the demonstration and discussion. The garden and poultry leaders have rendered outstanding service to their neighborhoods this year. They have been given literature and training for each month. The club chairman usually sees that these leaders are people with progressive methods. Each garden and poultry leader used their garden and poultry flocks as demonstrations.

Project leaders often seek their job because the results seem tangible enough to be satisfying. Project leaders have given a total of seventy-nine method demonstrations this year.

There are many good stories of how project leaders have helped in the promotion of their work. Mrs. Grace Swisher who has been major project leader of the Grand View Club lives three miles from the club house. She does not have a car but she has never missed a single club meeting nor leader training meeting. She says that she walked seven miles to a leader training meeting in Lexington. She not only walks to the club meeting but nearly always carries a lot of supplies. She has given six demonstrations to her club. There are eighty-five leaders in this group.

The third and fourth type of adult leaders include the federation goal and campaign chairmen.

Hockbridge County chose citizenship as the federation goal. A detailed summary is shown under the heading of federation goal in this report. The citizenship chairman in all seventeen clubs was responsible for the citizenship program. She also brought to the club members at different

times patriotic reminders and especially pushed the war bond drive. There are seventeen such leaders in this group.

The Better Nutrition Campaign is also reported elsewhere in this report. The seventeen campaign chairmen enrolled members in the campaign and were in charge of getting progress reports.

The sixty-four women neighborhood leaders have rendered a real service to their county. Miss Marguerite Teaford of the Alone Neighborhood met groups of her families and taught them newer methods of food conservation. She reported that two of her families had never canned by any other method than the open kettle one. We find other neighborhood leaders giving seeds and plants to different families.

Counting the leaders in all five types of leadership we find a total of three hundred and thirty-two and they have given a total of seven hundred and seventeen days in service.

B. 4-H Club

Sixty-four club members and sponsors have given a total of approximately 384 days in the promotion of 4-H Club work.

In addition to the regular officers, there are project and program leaders. A committee meets in the early part of the year and outlines the program for the year. They try to see that every member has a chance to serve in some way during the year.

In the Highland Belle Club, older club members that are off at college during the winter take an interest in the club activities during the summer. They help with the project meetings and social functions.

The 4-H Clubs have held 47 meetings in the absence of the agent with a total attendance of 387.

C. Older Youth

There has been four Older Youth Clubs in Rockbridge County until just recently. At present, there is one active club. A vast number of the members has been called into service and other defense work.

Leadership is the one satisfying remuneration that youths get from belonging to an Older Youth Club. A stranger visited a meeting of the Buffalo Forge Older Youth Club. She was impressed by one young man who volunteered to preside in the absence of the chairman. He conducted the business as if he were presiding over the senate and all through the evening his leadership was noted. For instance, during the social hour, he started off by playing the fiddle for the Virginia Reel and he saw to it that no one lacked a partner even if he had to be it himself.

The adult sponsors of the youth clubs offer an invaluable kind of leadership. There is Mr. and Mrs. Lewis Johnson, sponsors of the Fancy Hill Older Youth. This club is still functioning. They have never missed a meeting and have driven their car so they could take club members. It has been through their efforts that the community and church have become interested in the activities of the club.

All 102 members of the Older Youth Clubs have served as a leader at sometime. The program both recreational and educational has been developed by different committees serving every three months.

VI. RESULTS

A. Home Demonstration Clubs

1. Project work:

a. Food Production

All seventeen home demonstration clubs have put major emphasis

on food production this year. Special community meetings were held in eight different communities in January for the purpose of training leaders to assist with the food production program. The garden and poultry state specialists attended these meetings and led discussions on present food needs and the best ways to meet them. A total of 219 people attended these meetings and showed keen interest in doing their share in the Food for Victory Program. The seventeen home demonstration clubs devoted January to gardening and February to poultry, at which time the club chairman of each class led the discussion. Seven families of Timber Ridge-Fairfield and six families of the Alone Club got together and ordered their garden seeds. They found they got better and more seeds for their money. They estimated they saved half by buying them in this manner. More families are planning to order seeds in other clubs next year.

Vegetables grown for the first time numbered 147 tried by 93 families. It was interesting to note what these vegetables were. Quite a few families reported growing carrots, kale, soybeans, collards, egg plant, and swiss chard for the first time. Families were urged to try the edible soybeans and during the month of September, demonstrations on the use of soybeans were conducted in some of the home demonstration clubs.

Two hundred and fifty families replied yes when asked if they had increased their garden yield and 160 families reported that they had followed instructions on seed planting and planning.

Giving information to someone else is a goal for all home demonstration club members. One hundred and seventy-five persons reported giving garden information to three hundred and sixty-two different people.

The garden chairmen in each club has been largely responsible

for the garden work and they have done a good job. A local seedsman ordered a new seed potato upon request from a leader but remarked, "I am only ordering five bags and I hope you will see that they are not left on my hands." It happened that the potato was recommended by the state garden specialist at a leader training meeting. The seedsman has since said that he had to reorder four or five times and could not fill all of the orders. He wondered why they were so popular.

In addition to the garden work done by leaders, the home agent ran several newspaper articles on victory gardens and gave approximately four hundred families garden plans.

Poultry production was stressed in the same manner as gardens in the various clubs. Poultry club chairmen were asked to keep a poultry record and to make their own flock a demonstration. Miss Melissa Ayres of the Plank Road Club has been poultry leader for several years. She has kept a very strict record and has submitted monthly reports to the home agent. A poultry record helps to clear up any arguments about the value of having poultry.

Following is a summary of Miss Ayres' poultry record from November 1941 through October 1942.

Average number of hens for month.....	<u>57</u>
Total eggs gathered for year.....	<u>13,764</u>
Net income over cost of feed, etc. for year..	<u>\$161.73</u>
Average price of eggs per month.....	<u>.38</u>

Miss Ayres has had to buy all feed for her poultry.

Thirty-eight people have reported keeping poultry records.

Another item under food production is cheese making. The agent and leaders have given fourteen cheese demonstrations. Seventeen families have reported making 389 pounds of cheese.

Food Conservation

Drying, canning and storage were methods of food conservation demonstrations conducted by the home demonstration clubs. Foods that could be dried without losing a maximum of food value were shown how they could be conserved in this manner because it not only saves time but, jars and rubbers. Two hundred and seventy-five families reported drying nine hundred and eight pounds of food.

Clubs have always been interested in newer methods of canning. The agent had many calls from town and urban women for canning information. She conducted three demonstrations on canning to town groups. The state food specialist conducted a leader training meeting on drying and canning at which time the neighborhood and community leaders in addition to the club leaders were invited.

Another method of food conservation is storage. This topic was discussed in September in all of the clubs. A film-strip entitled, Today's Storage is Tomorrow's Dinner was used to help better illustrate the proper storage of food.

Food Nutrition

Nutritious meal planning using the "yard stick" as a guide together with the daily food scores, was studied by all home demonstration clubs. Other topics such as Use of Raw Fruits and vegetables, Sugarless Fishes and Use of soybeans were discussed sometime during the year.

The Better Nutrition campaign described elsewhere in this report helped a great deal to get a lot of people talking about nutrition. The Red Cross Nutrition Classes together with revealing facts about the number of boys rejected for service on account of dieting reasons made

everyone "nutrition minded." Two clubs helped to sponsor nutrition classes. Three hundred families reported giving nutrition information to eight hundred different people.

B. Clothing

Construction and Consumer Problems

Seven clubs devoted one or two meetings to clothing construction. These meetings were held in October and November. More families have been interested in this phase of clothing than ever before. Three clubs held all day remodeling clinics at which time the members brought garments to work on. A total of twenty-two garments were remodeled or restyled.

During all clothing meetings, the agent or leader gave a brief summary of materials and practical buying hints. Samples of new materials on the market and their characteristics were reviewed. One hundred and fifty families reported a total of one hundred and thirteen garments remodeled.

Clothing Conservation

All seventeen clubs stressed the conservation of woolens in April. Now, since wool is so precious, families have expressed gratitude for this demonstration. The demonstration includes proper methods of cleaning and storing woolen garments. One club put on an exhibit at the fair on Conservation of Woolens.

Two clubs have held sewing machine clinics. Nine machines were cleaned and repaired. Men as well as women attended. Two of the machines had not been used for over twenty years. One person remarked that her machine only needed cleaning but, it was certainly worth bringing to the clinic to find out how it was done.

c. House Furnishings

Conservation

"I will waste nothing" is a part of the consumer pledge which prompted many families to check over the attics and basements to determine what they would scrap and what they would repair and put back into use.

All clubs held a demonstration on Care and Repair of Furniture. Many members were surprised that a little glue and perhaps a screw could put lots of furniture back into use. Two hundred and twenty-three families reported that they had repaired six hundred and eight pieces of furniture.

Cleaning and storage of rugs was also stressed at these demonstrations.

Construction

Such topics as Use of Feed Bags, Hooked Rugs and Reseating Chairs have been of minor interest in seven clubs. Two clubs that had similar demonstrations last year sent leaders to new clubs. This created an excellent relationship between the clubs. For instance, Mrs. W. P. Lackey of the Timber Ridge Club has caned over one hundred chairs. The East Lexington Club wanted this demonstration so they scheduled an all day meeting and invited Mrs. Lackey to give the demonstration. One finds that they exchange ideas along other lines too.

A club member of Fancy Hill admired a feed bag bed spread of a friend. Upon asking where she learned how to do it, the friend said that they had the demonstration in their club last year. She was asked to give the demonstration to a neighboring club.

One hundred and fifty families reported restoring or repairing

three hundred and thirty-three pieces of furniture.

Market

This has been a good year for the homemakers market located in Lexington. During this year an average of ten women have sold their surplus products each Saturday morning. Nine women have sold regularly and three club members who teach school have sold an average of three months each.

The market was organized in 1934. There are four women still selling today who helped to start the market. The market is located in an extra dining room of a small hotel. This room is used only occasionally so it is available on Saturday mornings. It is conveniently located with plenty of parking space. The market manager is the same person who helped to start the market in 1934. She says that quite a few of the same customers have patronized the market ever since it opened. The local merchants show an attitude of friendliness toward the market and are frequent buyers.

The following table shows the yearly financial report of the mar-

ket:	1939	\$4312.39
	1940	4169.00
	1941	5007.40
	1942	5771.94

Last year, 1941 a total of 15 different women sold on the market. This year 10 women sold regularly.

August was the best month for the women on the market. The total sales amounted to more than any month the market was opened. The total sales for August was \$706.22. This was a good month for fresh vegetables and flowers.

The poorest month of the year was January. The total sales amounted to \$306.38.

Although one or two women have more of a variety of foods to sell, there is not much difference in the individual averages of net profit.

The highest individual sales in any one day was \$35.67. This occurred one Saturday in July.

The home agent meets with the market women once every month to hear financial reports and to discuss any problems such as prices, advertising and other policies. The State Market Specialist met with the group in May and gave demonstrations on cakes using less sugar. At one time the women thought it might be possible to use the frozen lockers in connection with the market so we held a demonstration on the preparation of fruits and vegetables for the locker.

The market is financially supported by commissions paid by the women who sell. The commission rate was ten percent of sales until in May and we were able to reduce it to half. This money is used to pay for the rent of the building, market managers salary and any other expense. At present we have a balance of \$85.00 in the treasury.

Once every year the market holds an anniversary sale, celebrating the beginning of the market. Customers are notified by cards. Each marketeer donates some special product for the gift table and each customer can select her own. The women prepare for this sale by making small glasses of jellies and preserves ahead of time.

2. HOME DEMONSTRATION CLUB ACTIVITIES:

a. Federation Goal

In making the plan of work for 1942 the various club chairman thought it would be wise to continue stressing citizenship as the federation goal. Although this goal was promoted by the clubs the preceding year, it was thought that better results could be obtained if it was followed up a second year.

A county committee met and set up the following goals for the clubs to consider.

CITIZENSHIP GOALS

Try to accomplish four of these.

1. Have every home demonstration club member in the county a registered and intelligent voter.
2. Encourage the buying of defense bonds and stamps. Devote part time of one meeting toward the explanation of this.
3. Every member refrain from unnecessary criticism of present day government policies and avoid too much talking when facts are unknown.
4. Devote one or part of one meeting to citizenship.
 - a. Have an outside speaker.
 - b. Short program by members.
5. Encourage the conservation of materials necessary for more efficient war production.
6. Each member do some volunteer work in local neighborhood in helping underprivileged families increase food production.
7. Cooperate in taking cars to meetings so that each car that goes will be filled.

Each club appointed a citizenship chairman and it was her duty to promote the work in her club and report same.

May was selected as citizenship month at which time some clubs had special programs. The east Lexington, Fancy Hill, Alone and Elliott's

Hill featured special programs put on by club members. These were in forms of original skits, open discussions and question and answer programs. The Fancy Hill Club had a suggestion box at several meetings prior to the May meeting and members dropped in suggestions on what they thought they could do toward winning the war. These suggestions were the basis for the discussion at the May meeting.

The Goshen and Highland Belle Clubs held a joint meeting with the local P. T. A. organization and invited the Civilian Defense Coordinator to explain his program.

Other clubs felt that their members could be better citizens and be of more service if they were better informed on home nursing and first aid. A certified registered nurse attended these meetings and gave short demonstrations. These demonstrations were different in each group. They were planned according to the needs. The Arnold's Valley Club has six young mothers. The nurse was surprised at the attention she received in her discussion of infant care and feeding. At one club only one woman in a group of eleven could read a thermometer.

Early in the year at a county leader training meeting, some time was spent on the explanation of the different kinds of defense bonds. Three clubs have purchased bonds amounting to a total of \$150.

Many clubs have worked out a system of transportation to meetings. The citizenship chairmen have stressed goal number seven -- every car should be filled when traveling to meetings.

One citizenship chairman in making a report wrote, "Our club has done so many things which might come under the classification of citizenship goals but we did not do them to get credit for this particular phase of work -- we have accepted them as privileges rather than duties."

b. County Campaign

Better Nutrition for Rockbridge County was the slogan for the county-wide campaign this year.

A campaign committee appointed by the county home demonstration chairman met and formulated the goals. Each club had its own campaign chairman whose duty was to explain the campaign, secure enrollments, make surveys, offer suggestions and check improvements individuals had accomplished. The enrollment sheets were collected and kept by the club campaign chairman and at the end of the year she submitted a report to the home agent.

The enrollment sheet was divided into three parts; plans for individuals, for families and for organizations.

The following is a copy of the goals as set up.

ROCKBRIDGE NUTRITION CAMPAIGN

I. Individuals can help --

1. Have a physical examination.
2. Correct any physical defects.
3. Know what constitutes an adequate diet.
4. Improve eating habits by:
 - (a) learning to eat more variety of foods.
 - (b) using more milk.
 - (c) eating green vegetables.
 - (d) eating whole grain bread or cereals.
5. Pass nutrition information to someone else.

II. Families can help --

1. Every family plan and produce an adequate food supply.
2. Prepare, serve and preserve home grown foods.
3. Increase home production in dairy products, eggs, pork and tomatoes.
4. Every family save garden seed from best plants for next years planting.

III. Organizations can help --

1. Have hot lunch in every school.
2. Discourage the sale of candy and soft drinks in the school.
3. Purchase pressure cookers for use in the hot lunch and

community canning.

4. Sponsor nutrition classes.
5. Assist with the county nutrition camp.
6. Sponsor exhibits and posters in local community.

A total of three hundred and nineteen families reported having done something to promote better nutrition for Rockbridge County. Fifty individuals had a physical examination with three persons correcting physical defects.

Nearly every family in Rockbridge County had a chance to learn what constitutes an adequate diet through the nutrition classes, home demonstration clubs, from newspaper articles and through neighborhood and community leaders. Two hundred and seventeen individuals reported that they had learned what foods made up an adequate diet and two hundred and ninety-seven persons said that they had improved their eating habits either by learning to eat more variety of foods or by using more milk or by the use of green vegetables or whole grain cereals. A total of two hundred and fifty persons said that they had passed nutrition information to some one else.

Every family reporting felt that they had produced adequate food and had taken all steps in conserving it. Early in the year, families were asked to step up production in victory foods such as dairy products, eggs, pork and tomatoes. Two hundred and forty-five families reported having increased production in these products.

When we look at the third part of the campaign enrollment sheet, we find that existing conditions prevented organizations from doing something about some of the items listed.

Twenty-three of the forty-three schools have hot lunch every day. Quite a few organizations brought issue against the sale of candy

and soft drinks in the schools. Committees were appointed to contact the school authorities. However, sugar shortage has helped this goal and four schools have cut these sales out all together.

Two home demonstration clubs help to promote the Red Cross Nutrition Class and quite a few of the members took the class.

c. OTHER SPECIAL ACTIVITIES

Fair Exhibits

The county fair association dissolved this year and sold the fair grounds. Late in the summer the Lexington Kiwanis Club decided to rent the grounds and turn over all proceeds to charity. They planned for the exhibits to be as creditable as of former years. The fair was operated for five days and it was estimated that over five thousand people attended.

The home demonstration clubs have had a special exhibit hall. There are only ten exhibit spaces so the clubs have taken turns making exhibits. The Kiwanis Club offered a prize of five dollars in war stamps if the exhibit was worthy of an award.

The home demonstration clubs thought it was impossible at first to help with the fair because of the many trips they had made to town when they had exhibited in former years. However, the committees who worked on them found that by careful planning they made only one trip.

The exhibits were educational and very favorable comments were heard concerning them. The following description was taken from the local newspaper.

"The home demonstration clubs arranged unusually attractive booths illustrating some of the projects studied during the past year. Each step in the process of cheese making was shown in one booth; in another, the

proper care of woollens was demonstrated; in another, victory foods were displayed. War time recreation with homemade games was interesting. A booth entitled, 'From rags to riches' was the subject of much attention, and contained dresses and other articles, all remade or reknitted from cast off garments".

Educational exhibits are valuable from several viewpoints. First, they teach methods of doing projects. Secondly, they serve as good publicity of what home demonstration clubs are doing. Some town people have no conception of what home demonstration club women are doing until fair season rolls around.

The home agent had many calls for recipes and information following the fair exhibit.

Picture Project

Rockbridge County women were very proud that their county was selected by the state and district agents as the county in which the United State Department of Agriculture Extension photographers made a series of pictures showing what rural women were doing toward the war effort.

Miss Clara L. Bailey and Mr. G. W. Ackerman from the Washington office visited the county in April, June and October. Reports and plans of work were used in determining the subjects for the pictures. A few of the pictures were based on work started last year with a continuation of it this year.

Pictures were made in nine different communities showing types of work such as school lunches, poultry production, gardening, neighborhood leadership, first aid, conservation of food, and club activities.

The people were very cooperative and considered it a great honor to be selected for this project. Some of the best pictures were gotten in communities where plans were not made too far in advance for them.

Miss Bailey and Mr. Ackerman presented the pictures at the annual home demonstration achievement program in October. Quite a bit of newspaper publicity as well as word of mouth was given before the program so townspeople as well as county folks came to see the pictures.

In addition to the use of the pictures by the Washington office, county and state newspapers have printed them together with a story.

Recreation and Money Making Socials

All seventeen home demonstration clubs held at least one social. This has sometimes been in form of a family get-together in communities. Even in war times, country people feel the need of group companionship. The clubs have held thirty-nine money making socials realizing a total of \$817.17. These have been rummage sales, food sales, parties, dances, and husking bees. The money made from such activities has been used to buy war bonds. Five clubs have bought bonds with the Tri-Community leading by purchasing a \$100 bond.

In addition to the moneymaking socials, the clubs have held twenty-three socials such as, dinner parties, community sings and holiday celebrations.

3. (a) Outstanding work of an individual

Mrs. Harvey L. Motinger of the Highland Belle Home Demonstration club has achieved a great deal not only for her own family but for her club

and community as well.

Mrs. Motinger has served her term previously of being club chairman and major project leader, in fact, she has held about every office in the club. This year she has been 4-H Club leader and has given quite a bit of her time in helping eighteen boys and girls to do better 4-H club work.

Mrs. Motinger's garden has been a real demonstration in her community. She has increased her yield and tried four new vegetables. She shared her gardening knowledge and experience with fifteen other families. Mrs. Motinger sells regularly on the market and by her sales she has been able to improve her home. Even though she finds ready demand for her nice fresh vegetables, she has first looked after her family of four by canning a total of six hundred and two quarts of food this year.

Mrs. Motinger has kept a poultry record and has helped ten other families with poultry problems.

3. (b) Outstanding Work of a Club

In selecting an outstanding club, the agent has considered several different aspects. A club is believed to be outstanding if its activities are felt and appreciated by the community as a whole.

Every family in East Lexington cannot help from being influenced one way or another by the home demonstration club. Some officials have told me that they do not need a Parent Teachers Association because the club has met this need. There are forty-five active members on roll. Twenty-two members received home nursing certificates, three nutrition certificates. The club sponsored the home nursing class and have been very anxious to have a nutrition class but no teacher is available. They

have talked of hot lunch in the local school for several years without any success and this year they offered to prepare the lunch in their club-house each day and this offer was turned down. This club has just recently agreed to sponsor the penny milk project which will mean that approximately sixty-five children will receive milk.

The East Lexington Club through rummage sales, entertainments and food sales has raised \$496.17. The club members have made over one hundred and fifty garments for the Red Cross. The club has made donations to the Children's Clinic, Tuberculosis Association, Cancer Drive and local charities.

A club house was purchased last year by this club and this year they have made considerable improvements.

Achievement Program

Quite a few county meetings had to be dispensed with because of transportation. When the Home Demonstration Committee discussed the advisability of holding an achievement program, the club chairmen voted to hold it because they thought the program could be made worth while and felt that it was good for the morale of the people.

The theme of the program this year was "County Women's Contribution Toward Victory". This was carried out through reports by the chairmen from the seventeen clubs and was shown on the screen by Miss Clara Bailey and Mr. G. W. Ackerman from the U. S. D. A. The pictures had been made at several different times during the year and showed county people gardening, conserving food, the school lunch program and selling bonds. It is needless to mention how pleased everyone was over this part of the program. Despite the steady downpour of rain, approximately three hundred persons attended.

VI. B. Agricultural Planning Board

Mention has already been made of the work of Rockbridge County Agricultural Board in the first part of this report. The home agent cooperated with the other agencies in setting up this board and has assumed a definite responsibility in carrying out the program of work. The agent assisted with the training of community and neighborhood leaders in Buffalo and Kerrs Creek communities. There are seven communities in Rockbridge County.

Some of the programs which this Agricultural Board has promoted have been Victory Gardens, war bond Pledge Campaign, Anti-inflation and Share The Meat Programs. The home agent in addition to training the neighborhood and community leaders, discussed these programs with all seventeen home demonstration clubs and spoke to two Parent Teachers Organizations.

VI. C. 4-H Clubs

Personal Project

Parents, leaders and members themselves in most of the 4-H clubs say that this year the 4-H clubs have accomplished more in project and community work than they did last year. They say this because they have devoted more time to these projects, partly because they have had a patriotic urge and they have thought less of the frivolous things. Another reason too, I think, they have gotten more national and state publicity. They have assumed their responsibility with great pride.

The 4-H club girls have had Home Improvement and Clothing as their personal project.

Ninety-nine girls completed their project and turned in necessary records. The Highland Belle and Effinger 4-H clubs had over ninety percent

of their girls completing projects.

The following is an outline of the 4-H program as planned by a committee of 4-H members and leaders.

November: Give personal account sheets. Explain.
Present family plan.
Election of officers.
Appoint committees.

December: Analyze 1941 account sheets and check errors.
Food habit guide.
Begin family project. (Have demonstration by club members.)

January: Report on Family Project. (Demonstration on some type of family project.
1. The Daily Care of Room.
2. How to Make a Dustless Cloth.
3. General Care of the Room.

February: Feeding of Baby Chicks.
How to Make a hot bed or seed box.

March: The Attractive Bedroom and other Projects Girls Can Make.
Canning Budget

April: Construction Demonstration.
Dresser Scarfs.
Cosmetic Boxes.

May: Bedroom Storage.
Gardening.

June: 1. Arrangement of Furniture. (Have demonstration room for each club.)
2. Bedspreads--Tufted.
Footstools.
Dressing Tables and Skirts.

July: 1. Continue work started in June.
2. Canning demonstration in afternoon.

August: Tour of Rooms.
Feeding and Culling Poultry for Egg Production.

September: Storage of Fruits and Vegetables.

October: Collection of Records.
Check up on Personal Accounts.
Check on Improvements in Health Made by Members.
Appoint Nominating Committee.

All day meetings were held two or three times during the summer

months for actual construction work. The girls would bring materials necessary to work on and the agent and leaders would assist each girl in their individual projects. The Highland Belle 4-H and Home Demonstration held a joint all day meeting in July. This plan not only proved successful in saving tires and gas but mothers had a chance to see what the girls were doing and also there was time for the agent, leaders, parents and club members to meet and talk over their problems in a group. The girls were making accessories for their rooms and quite a few good ideas were gotten from the juniors by the adults.

The ninety-six girls have remodeled or upholstered two hundred and eighty-eight pieces of furniture. The actual cost for making these improvements was \$144.00. Some of the girls made dressing tables from old washstands. Others remodeled or slip covered chairs and footstools. Quite a few girls brought their beds into modern fashion by cutting a part of the bed away and by slip covers. Bessie Mae Leech of the Kffinger Club got her whole family of two brothers, parents and a sister interested in her room improvement project. Her brothers helped her to modernize her bed and built a storage place for her clothes. They liked the results so well that they started making improvements in the rest of the house.

The 4-H members estimated they saved approximately \$332.00 on furniture repair and slip covers.

Some of the 4-H club members became interested in making small pieces of furniture such as footstools, book shelves and orange crate furniture. Sixty-nine pieces of furniture of this type were made.

New curtains or draperies were made or bought for one hundred and twenty-six windows. One girl said she had not planned for new curtains but after she had made the other improvements in her room, she worked to

make money to buy enough material to make her curtains so they would correspond with her bed.

The walls, woodwork or floors were improved in sixty-seven rooms. Nearly every girl bought or made some small accessories such as, scarfs, cosmetic boxes from old cigar boxes, pictures, wastepaper baskets, bookends and the like. Four hundred and eighty-four small articles were made or bought.

While the major personal project interest was in room improvement, some few girls continued their clothing interest from last year. A total of fifty-seven dresses was made by 4-H club members with amount saved estimated at \$85.50. The actual cost of twenty-three undergarments made was \$13.80. The girls estimated they saved \$10.35 by making them.

Every 4-H club girl did some work in food preservation. We find some girls in homes where mothers do work away from home, assuming all responsibility of canning. The club members reported a total of 4,800 quarts of food canned alone and they assisted with nearly four times that many.

Family Project

As part of the 4-H Club program this year, each girl was asked to assume a definite home responsibility to do periodically throughout the year. The daily care of the bedroom was chosen by most of the club girls since their major interest was in improving the bedroom. Other family projects such as washing dishes, carrying wood, milking, gathering eggs, ironing and cleaning were carried by club members. In the Glasgow 4-H Club there are two sisters who are members of the club. They have been very enthusiastic in not only doing their job but to check on each other.

Club or Community Project

This project has been referred to as citizenship project. It includes part taken in club and community activities. It has been the goal of every club to have every member to take part in the club program. The younger club members have been given jobs they can do and excel in. This sometimes means getting the room ready for a meeting like arranging chairs and handing out literature. Participation in community projects and club socials is a part of the citizenship project. Approximately eighty percent of the club members are buying war savings stamps. This has been stressed in all of the clubs. The 4-H clubs have also assisted with scrap rubber and paper collections. The Kffinger and Highland Belle 4-H clubs have bought war bonds.

The school seems to hold first place when it comes to community projects sponsored by the clubs. One club planted trees on the school lawn and bought stage curtains. Another club gave dishes and assisted with the school lunch.

Health Project

This year the health project came in a different costume. It might be expressed by using the slogan, "Be Healthy and Help Your Country." Not only adults have been more conscious of keeping themselves and their families well, but the 4-H members have had a keen interest in the project.

The food habits score was used in checking upon club members food. Just recently the new game vita-mingo has been enjoyed by all clubs. This game proves very effective in teaching not only the protective foods, their uses and sources but it shows very vividly what an individual lacks in his days diet.

Forty-one of the ninety-six girls were five pointers. The club members were asked to check with their teachers and find out on what points they were below par on and to work on them during the year. In most every case they either were underweight or had defective teeth and both can be easily corrected.

Eighty-two girls reported that they thought they had made improvements in personal cleanliness, while seventy-four improved posture. Food habits were claimed to be improved by seventy-seven girls.

Community 4-H Club Activities

Recreation

The seven 4-H clubs have had an average of three club socials during the year. Some of these have been in form of a money-making social. The clubs have raised a total of \$109.89. This money has been used to conduct community projects.

The Effinger and Highland Belle 4-H Clubs seem to have a kindred relationship. Although the communities are approximately twenty-one miles apart, they have parties together and get great pleasure from having joint parties.

The clubs have had holiday parties, picnics and hikes in the summer and local talent entertainments in the winter months.

Camp

Because of the war and transportation conditions, the annual county 4-H camp could not be held. However, two of the largest and most active clubs got together and decided to hold a weekend camp. These two clubs have enrolled older boys and girls and from time to time during the

year have held joint programs.

A committee from the two clubs planned the program and made all arrangements and every one of the members had some responsibility in putting on the camp.

The use of the county nutrition camp and all equipment was granted free of charge because in former years when the camp was in operation, the club members cooperated by donating vegetables.

The program consisted of informal discussions on democracy, young peoples part in the war and land conservation. The state boy's assistant club agent, and farm and home agent led these discussions.

Each member paid fifty cents plus some food. Menus were made out in advance and the food was apportioned by committees in each club.

All work was done by club members working in teams such as dish washing, cooking, carrying water, waiting tables, making and keeping the fire. This schedule was worked out and posted in several places at camp.

Vespers were held in different selected spots on the campus and were in charge of the campers.

The early morning hike with sunrise service was very much enjoyed by the group.

The fifty cents collected from each member was ample and a small amount was refunded to each group. The only expenses were for milk, ice, some food and laundry and a small breakage fund.

The entire camp program was rather informal, but a lot was accomplished and every member played a big part in making it a success. The transportation was solved by eight members riding bicycles and a group traveled in an old fashioned hack which afforded much pleasure.

4-H Achievement Program

The 4-H clubs usually hold their achievement program in October or November after the completion of all projects. The 4-H clubs in Rockbridge County decided to celebrate this annual event earlier before school started and before the weather turned cold and report on achievements accomplished to-date.

The Effinger 4-H Club served as host and assumed all responsibility for making local arrangements. The program was held in the evening with a picnic supper, followed by reports from the various club presidents. Four all stars from the Highland Belle 4-H club led the candle lighting ceremony. More parents attended this meeting than had ever attended before and it was attributed to the fact that it was held in the evening and it did not interfere with the home work.

Fair Exhibits

The Highland Belle and Effinger 4-H Clubs each entered a single club exhibit at the county fair. The Club Girls' Bedroom was the theme of one exhibit. This showed a room with furnishings made or selected by 4-H members. This exhibit grew from the room improvement personal project conducted by the 4-H club girls in the county.

The second exhibit portrayed the work relating to the symbolic emblem of the 4-H's head, heart, hands and health.

Committees from each club together with their leaders were responsible for making the exhibits.

Tours

The 4-H girls in the Effinger Club made a tour of the rooms before material for the fair exhibit was assembled. The agent and leader used

their cars on the tour.

Outstanding Work of An Individual 4-H Member

Ruth White of the Effinger Senior 4-H Club has been outstanding in all three projects--personal, family and community.

Ruth was president of her club this year. She has attended fifteen club and committee meetings and has largely been responsible for the cooperative, good will feeling in her club of forty-two members.

While the bedroom was Ruth's special improvement project, she reports that she has made improvements in three other rooms. Ruth also made seven articles of clothing and helped to care for a family flock of eighty-five hens.

Perhaps it is due to Ruth's leadership ability that she can accomplish so much in her club and home. Because of home responsibilities she can never attend camp and state meetings. She is, however, always pleased to see the other members go and she does not seem to lose interest. Ruth has canned ten quarts of food alone and has assisted with one hundred and fifty others.

Under Ruth's leadership her club has given six socials, a school assembly program, made a club exhibit at the fair and has collected two hundred and fifty pounds of scrap.

D. Older Youth

Up until recently there were four older youth clubs in Rockbridge County. Although the membership was quite changeable from time to time, there were approximately forty-six boys and fifty-six girls enrolled. These clubs served a very definite purpose in the social and educational life of

young men and women between the ages of 16 and 25. Most of these boys and girls were out of school, either working on the farm and in the home or in nearby industrial plants. Of course, now most of these youth have been called into service or have left home to work in defense plants.

The Fancy Hill Club is still very active. This club has thirty-six members enrolled. This club has two important committees, namely, recreational and educational. These committees have three persons each. They serve for a period of three months. One old member is left on the committee each time and two new ones are added. This arrangement keeps one person who is informed on the proceedings of the previous programs.

Early in the year, the older youth clubs devoted several meetings to first aid and nutrition. Several members took the regular Red Cross classes and gave demonstrations to their group.

The Buffalo Forge Older Youth sponsored a series of discussions on poultry and garden production and the part they played in meeting the goals. These discussions were led by the county farm agent and the home demonstration agent.

Three clubs have remembered the boys in service from their community by sending them boxes, writing letters and giving them special recognition when they are on leave at home.

The Fancy Hill Older Youth made an exhibit at the county fair on What American Youths Can Do for Their Country At Home. This particular exhibit attracted much attention as it was very effectively shown. This club has just recently bought a war bond with money they had made for a camping trip.

The older youth clubs have assisted with the scrap drive and war

bond pledge canvas.

Several girls who have been members of Older Youth Clubs have become home demonstration club members.

E. Other Work Done by Home Demonstration Agent

County Home Economics Workers

The county home economics workers council consists of the four vocational home economics teachers, the farm security home management supervisor and the home demonstration agent.

There is a close cooperative relationship between these workers and each has assisted the other with county programs.

This council of workers met in May and discussed county problems affecting the home and how these problems could be met. A "refresher course" in Nutrition and Clothing Restyling was held by this group with the help of state specialist. The Nutrition course proved very helpful in teaching the Red Cross Standard Nutrition class. The teachers and F. S. Supervisor taught eight classes in Nutrition with one hundred and eighty-seven persons receiving certificates. These classes were twenty hours each. The home agent was a substitute teacher in two classes and gave demonstrations in two. She also helped committees from the classes work up store exhibits and newspaper articles. The agent has furnished all members of the council with illustrated materials and bulletins.

The farm security home management supervisor and the home agent exchanges schedules from time to time. For instance, if I am to give a meat canning or cheese making demonstration in a given community, I notify the F. S. Supervisor so she can notify her families in that community.

Upon request from the council, the home agent ran a series of

articles in the local newspaper on vitamins, taking one a week; soybeans, canning and the like.

At present the home economics workers are assisting with the training of community and neighborhood leaders in the Share The Meat Program.

Office of Civilian Defense

The agent assisted the O. C. D. in recommending a county chairman in charge of woman's work. She is also working at present with the education and training of Share the Meat Campaign.

War Bond Committee

The local war board asked the Agricultural Planning Board to take charge of the house to house canvas of the war bond pledge campaign.

This campaign was held in May. The one hundred and twenty-eight neighborhood leaders made the canvas. Local citizens say that it was the most successful canvas that has ever been made in the county and attributed it largely to the cooperative effort of the community and neighborhood leaders. The professional sponsors of the agricultural board held training meetings to instruct the leaders. The home agent held three such meetings.

A total of 1,649 pledges were made during this campaign amounting to \$143,774.95.

School Lunches

The school lunch program in Rockbridge County is one that all citizens are proud of. The school board and county people have been working several years on it.

There are forty-three schools in the county. This includes all high schools, one and two room schools for negro and white. The total enrollment is 4,651.

This past year hot lunch was served in twenty-three schools. Most of the 1,678 children received free lunches; a few paid a nominal sum.

The home demonstration organizations have contributed greatly to the hot lunch program. Home demonstration clubs are responsible for the lunches in ten schools. They have been aided by the W. P. A. surplus commodities and N. Y. A. labor. These ten schools serve 861 children. It is interesting to note that these children have made an average gain of 5.5 pounds each. The Goshen school with 174 children receiving hot lunch reported an average gain of 7 pounds per child.

The local school board is very grateful and recognize the work done by the home demonstration clubs. The following is quoted from the superintendents annual report. "Health work in the schools continues to function with splendid results. One of the outstanding accomplishments of the year was the increase in the number of lunch rooms. These have been sponsored by the various women's organizations of the county. This program has been a big contributing factor in the general health of the children and in attendance."

Since the school session opened in September, both W. P. A. labor and surplus commodities have been greatly reduced. The club women realized that this would happen and so they planned for extra canning.

The Highland Belle Club has been so interested in keeping their lunch room going despite the fact that they could not get a W. P. A. helper

that they have gotten service clubs in the community such as the Ruritans, 4-H Clubs to agree to pay for certain months of the year for a worker. They have assumed the responsibility of one month.

The East Lexington club is sponsoring the penny milk project in the Lavisia School. This club has made a total of \$496.17 this year and they have used a large portion of it to repair club house. At a recent meeting, when they were discussing the milk program, a member remarked that she thought they had been selfish long enough and it was time they did something for the community.

The Alone Club did some emergency canning at their November meeting for the school hot lunch. The teacher had forty quarts of empty jars on hand and people in the community had an abundance of pears going to waste so the women put aside their planned demonstration and filled the jars.

Red Cross and other Defense Activities

Last year the home demonstration club members made 374 garments for the Red Cross. This year they have made a total of 817 garments. The home agent has carried material and information from the local office to the clubs all during the year.

Two clubs have held the Red Cross class in home nursing and one in first aid. The agent encourages club members to take advantage of these classes and does what she can to promote them.

III. Most Significant Contribution Made by the Home Demonstration Program.

Long before the disastrous happenings of Pearl Harbor the home demonstration program for 1942 in Rockbridge County had been planned. Then when all thoughts were turned toward the war effort we analyzed our program

in order to eliminate anything that was not vital toward this effort. It so happened that very few changes had to be made.

The garden and poultry programs were carried over from two preceding years. That is, the club members felt that these programs were important enough to devote one months demonstration to each. I believe that the emphasis that has been put on the food production goal by home demonstration clubs has definitely helped to increase production in Rockbridge--this I would judge to be the greatest contribution made by the program.

The school lunch program sponsored in eight schools by the home demonstration clubs has since its beginning several years ago, been a very important program.

The increase in the number of different families reached over last year by the home demonstration program is certainly a contributing factor.

In thinking over each months demonstrations in the seventeen clubs, I do not think there were many that were not vital to the war program. The home demonstration clubs have served as a clearing house in many communities. By that, I mean family and national problems common to all have been discussed and thought over and somehow or other people feel better for having listened and talked. I suppose this is what is called morale.



State tuberculosis worker getting a film strip to
show Arnold's Valley Club.



The state worker and County Tuberculosis Chairman



Highland Belle and Kffinger 4-H Clubs hold weekend camp.
Five members traveled in the old time surry as shown above.



A Negro unorganized group sponsored by the
Brownsburg Home Demonstration Club



Some 4-H Club girls in Goshen with club leader.



Members of the East Lexington Club and a view of the club House.
they have recently bought and repaired.