

VIRGINIA

FAUQUIER HOME DEMONSTRATION AGENT Annual report 1943

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ANNUAL NARRATIVE REPORT  
HOME DEMONSTRATION WORK

FAUQUIER COUNTY

1943

Ruth Early Ramsburg  
HOME DEMONSTRATION AGENT

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### III. SCOPE OF WORK

#### A. Home Demonstration Clubs

No. 12                      Membership 175

The membership in clubs is low but this membership figure includes only those persons who are able to attend club meetings and not those influenced through members. The number of families benefiting from educational material presented at club meetings is double that of the club membership.

#### B. 4-H Clubs

No. 4                      Membership 44 girls

#### C. Older Youth Groups

The older youth in the county have been entirely absorbed by war work, principally outside of the county.

D. No. reached by special classes taught by agent 52

E. No. families reached by neighborhood and community leaders 1500

The total number of families reached by the home demonstration program is necessarily an estimate because there may be some duplication in the families reached by club members and by community and neighborhood leaders.

### IV. ORGANIZATION

#### A. County Home Demonstration Committee

Fauquier County held its first County Home Demonstration Committee meeting in January with an attendance of 14. These

members were representatives of unorganized groups with whom the agent had worked and interested leaders from several other communities. The Committee planned a program of work for the year and discussed plans for securing county funds to support home demonstration work in the county. A committee from this meeting was appointed to make the request to the county board of supervisors. The request was granted by the board and funds provided to support the program for one year.

In September the County Home Demonstration Committee held its second meeting. The membership was composed of the club presidents, representatives from communities having no club and several county representatives or members at large. The Committee selected a goal around which to plan work for the entire county and then planned a year's program to suggest to the clubs. Plans for giving more families an opportunity to participate in home demonstration work were made. A county organization of the clubs was formed which will strive to carry out these plans and take care of further business of the Committee.

#### B. County Agricultural Board

The organization of this board has not been changed in the past year but in some cases community chairwomen have been changed. Some chairwomen felt their communities too large so divided giving another woman part of her territory. Neighborhood leaders have changed in the same way. Thus the

number of community and neighborhood women leaders has increased and new leaders have been added where others were inactive.

The County Agricultural Board is composed of representatives from 12 communities with 12 chairmen and 20 chairwomen, 40 neighborhood men leaders and 72 women leaders.

The Board has functioned as an organization to present educational material on war time problems and needs to rural families.

#### C. Professional Workers' Council

No change has been made in the past year in the agencies represented. Four meetings were held: In December to discuss the Share-Meat-Program and arrive at interpretations for the county people; in May to plan for food conservation work; in October to evaluate and summarize food conservation work; in November to plan with O.C.D. the county's Food Fights for Freedom program.

Members of the Council planned to give one or more canning demonstrations in each of 19 white communities and 14 colored communities. Due to the drought which changed plans for many only 36 of these were given but there was an attendance of 218 people. The Council mapped out an intensive publicity program to be given Food Fights for Freedom the week of November 30--December 4. Monies at schools, talks at clubs and organizations, full page colored ad in county paper and distribution of materials were included. Responsibilities for

the different phases were assumed by the members.

The home agent's responsibility is to train the community leaders for their personal contact with the rural families.

Each meeting of the Council was called at the suggestion of the home agent.

## V. LEADERSHIP

### A. Adult Work

1. No. leaders
  - a. No. club officers 23
  - b. No. project leaders 9
  - c. No. Federation goal chairmen 9
  - d. No. Club Campaign Chairmen 6
  - e. No. Community leaders 20
  - f. No. neighborhood leaders 72
2. No. Training meetings held 11  
Attendance 88
3. No. days given by leaders 120
4. Demonstrations given by leaders 11

From reports turned in by leaders after their work on the Victory Food Supply Campaign and Conservation it is estimated that 1350 rural families were reached in these two programs. The leaders are learning to recognize and use other leaders in their communities. Three clubs have been organized through the interest and work of the community leader in each of those communities.

## B. 4-H Club Work

Extension work for women and girls being rather new in the county, first emphasis was placed on the adult program. Only 4 4-H clubs were active during 1943. Each of these had a sponsor but no other leader. Therefore, no leader training meetings were held. The clubs had 18 officers. The extension agents and sponsors gave them training in parliamentary procedure and guidance in club planning at regular meetings.

## VI. RESULTS

### A. Home Demonstration Clubs

#### 1. Project Work

##### a. Food

##### (1) Production

Every Home Demonstration Club member signed a pledge card in the Victory Home Food Supply Campaign and made an attempt to increase her garden. The hoped-for increase in garden vegetable production was not achieved because of dry weather, but fall gardens yielded more than had been expected.

Each club held discussions on garden planning in early spring and later made a study of insect control.

Sixty-six per cent of members increased the size of their poultry flocks and egg production. 148

pounds of cheese was made by members. However, due to feed and labor shortage a number of women reported a decrease in milk production.

### (2) Conservation

Although only 32 home demonstration club members reported that they were able to increase their total number of jars canned, a number were able to increase amount of tomatoes canned.

Eleven reported dehydrating food for the first time and 15 increased the amount dried. Members reported 18,646 qts. of food canned this year in spite of the poor season for fruits and vegetables.

Nineteen canning demonstrations were given by the home agent at which 175 quarts of vegetables and chickens were canned. Assistance was given by local leaders at each demonstration. Two clubs held canning bees for their school lunch rooms. Food for this canning was contributed by the members.

All clubs held discussion meetings on winter storage of vegetables. Forty members increased the amount of food stored and 26 improved their storage facilities.

### (3) Nutrition

Seventy per cent of club members report having

taught their families to eat new foods. Each club held nutrition discussions and was given a demonstration in foods to learn to like or food substitutes for less plentiful foods.

All clubs held demonstrations in planning meals within their ration points and in foods to use to meet the sugar ration particularly.

Two clubs sponsor school lunch rooms, giving aid in menu planning as well as in providing foods.

b. Clothing

(c) and (d). War production regulation and substitute fabrics.

Two clubs held a discussion and demonstration on selection and care of war time materials and in wise use of clothes on hand. Members have been observed wearing clothing with ear-marks from the demonstration. One member has done a great deal of sewing for her children since she was given self-confidence and inspiration--to quote her, "A demonstration that starts a 40 year old woman into beginner's sewing is something!"

(2) Conservation

(b) Sewing Machine Clinics

At 8 sewing machine clinics held by clubs 62 machines of 11 different makes were overhauled

and adjusted by their owners. About 40 per cent of these women report that they have assisted others in machine overhauling. For only 6 machines were parts needed and these were obtained.

c.. House furnishings

(1) Conservation

(a) Woolens

As a result of 8 demonstrations in rug cleaning 46 women report home cleaning their rugs.

(b) Furniture and furnishings

The work on home remedies for cleaning scarred and scratched furniture was much used and appreciated by the women. Many of them have made their collection of suggested materials to keep on hand. The eight demonstrations on care of furniture and minor repairs have aroused more interest and comment than any others.

(c) Furniture clinics

Eight chair reseating meetings have lengthened the useful life of 152 chairs. Only half of these seats were put into the chairs at the clinics. Two women have earned some money for themselves by reseating chairs for their neighbors.

Only one upholstering clinic was held and although poorly attended 4 pieces of furniture have been re-upholstered by two of the four women attending.

(2) Construction

(b) Slip covers

Thirty slip covers were reported having been made although only one club held a clinic. The agent gave assistance to two individuals who completed 6 covers at that time. Because of costs of materials and lack of persons who do this work professionally, help with slip covers means a lot to the women in satisfaction of the job completed as well as in money saved.

d. Household management

(1) Household equipment - care

A number of pressure cooker and refrigerator gaskets were secured as a result of the 5 club discussions on care of household equipment. Wiring check-ups and changes were done in many homes, also.

2. Home Demonstration Club Activities

Actual organization of home demonstration clubs in Fauquier did not begin until March. For this reason club community projects have not had time to show much progress. The mechanics of organization, in addition to the monthly demonstration always take the time of the first few

meetings. Gradually through the help of the State Federation Handbook and the county planning meeting the club leaders are realizing and taking over their responsibilities.

a. Federation goal

Work on the Federation goal of "health through right food" was done by individuals rather than as a county-wide program. Club discussions and demonstrations as planned were centered around the goal. Each group devoted at least four meetings to some phase of foods work.

b. County Campaign

Again every club woman made an admirable individual effort in the "Food for Freedom" campaign. All with the necessary space attempted to produce enough vegetables, milk and eggs for her own family. When the drought made this impossible for all, requests for helps in finding substitutes were made to the agent. Three groups changed their program for Septemberto include a demonstration in meeting the shortage of fresh vegetables.

c. Special Activities

Two clubs are sponsoring school lunches, one at a small one-room school, the other at a high school. Both clubs held canning bees early in the summer for the lunch rooms. More canning for the schools was

planned but food was not available.

The health committee of one club has adopted a motherless family in the community to the extent that the club will take care of the mending and clothes and seasonal cleaning for the house. The father does not want charity but will accept help in the form of these services for his children who are 12, 10 and 8 years old.

The 122 enrolled members of clubs report having made 520 garments for the Red Cross this year and have turned in 948 pounds of fat and 19, 920 pounds of metal.

### 3. Work of Bealeton Home Demonstration Club

The club was organized in July with a membership of 16 women. The officers elected met with the president and planned to appoint a publicity committee, a finance committee, a health committee. These appointments were made at the August meeting. The publicity committee raised the attendance at the September meeting to 25. The health committee at this meeting made plans to help the three children of a family in the community who have no mother and whose father works on the railroad but wants to keep his family together. Members of the committee planned to contact the father about helping and then make further plans. The finance committee made plans for raising some money. At the September meeting the health committee reported having spent two afternoons sewing for their

"adopted children" and that all three had clothes in good shape for starting to school. The father of the family will accept services but does not want to be given things. At the committee's suggestion the club decided to act as co-sponsor with the P.T.A. for the lunch room. The two representatives of the club who attended the planning meeting of the County Home Demonstration Committee gave good reports and presented the suggested calendar which was adopted at the October meeting.

Through the health committee's invitation the county Red Cross nurse explained her work to the club. The committee suggested that the club sponsor a home nursing class in the community. Enrollment for this class is being solicited. The finance committee reported having raised the county club dues. The worker in the school lunch room is to present her problems to the club in December.

This club in the few months it has been working as an organization has drawn together a group of people who have not belonged to community groups and has started on a program of community service which will be of much benefit to the community

#### B. Agricultural Boards

The men and women leaders have more or less carried on different campaigns; the women leaders taking information to farm women, and the men leaders to the men. In the Victory

Food Supply Campaign the women leaders distributed the pledge cards while the men gave production goals and crop helps.

The women community leaders cooperated with the professional workers council in planning and holding community canning demonstrations. The community leaders helped plan 36 of these demonstrations. The chairwoman of the board met with the professional workers council and O.C.D. director and helped plan the Food Fights For Freedom program for the county. The women members of the board have taken the responsibility of taking educational material on Food Fights for Freedom to the rural families. For this work particularly changes in personnel of the neighborhood leaders was necessary.

#### C. 4-H Clubs

##### 1. Project work

##### a. Food and Nutrition

All 4-H club girls in the county played several times at the game Vitamingo. They also kept a record of their food habits scores. This made them conscious of foods eaten although the scores did not all show improvement when last checked in July.

Three project meetings in canning were held at which all members of two clubs canned under the supervision of the home agent. The records do not show nearly as much food canned as budgets planned.

All girls made canning budgets for their families

and listed supplies needed to fill the budget. This list was carried home to mothers in May. Eight girls did the bulk of the canning for their families. This, however, did not mean so very much canning this year. One club held a canning contest which elicited much interest from the mothers. Of the 40 girls enrolled in the food and nutrition project, only 28 turned in satisfactory reports. This was due to the fact that the girls expected to do most of their work in canning and the home agent did not help them properly adjust their plans. A definite need for more adult leaders is most evident. Twenty-one of the twenty-eight girls completing their foods project reported having learned to like new foods and those same girls improved their food habits score from last fall.

#### b. Clothing

The 35 girls enrolled in clothing projects made 38 new garments, remodeled 15 garments, and laundered 36 sweaters. Each girl took care of all or part of the mending for her own clothes and did some sewing either on a new garment or in remodeling. Since most of the girls having the clothing projects are between the ages of 10 and 14, they could not take the complete responsibility of their clothing the first year of club work.

Nineteen girls kept good personal accounts for a

period of 4 months. They enjoyed it and want to continue, but with some definite purpose rather than as an individual lesson, as was the plan this year.

### 3. Community Activities

Three clubs collected 163# of phonograph records and contributed from this sale \$11.28 to the State Ambulance Fund.

### 4. Work of Catlett 4-H Club

Catlett 4-H Club was organized with 23 members in January 1943. All but one member turned in a completed record book in October. The 11 girls made 15 new garments, remodeled 2 garments, and all kept personal account records. They held two project meetings in foods and served refreshments to the club twice. All but one girl entered the canning contest. When awards for the contest were presented the parents were invited and quite a good percentage attended the meeting. The boys of the club were selected to carry on the Sears and Roebuck pig project for the county, which entitled eight boys to a sow each. The boy keeping the best project is to receive a heifer and the boy with the second best project will get 350 baby chicks.

The recreational activities of the club have meant much to the members due to the limited travel now. In July each member had a parent or adult guest at the picnic held. The comment was made that never before had

several parents present been seen in such a gathering. In September five members of the club moved to the high school which is in another community. The club voted to meet in the evenings rather than during school time so that those members might continue to attend. The social hour thus afforded by a longer time for meeting has given the members an opportunity to engage in new recreational activities.

This club turned in \$9.28 toward the ambulance fund and has collected more than 1½ tons of scrap metal. They sponsored in cooperation with their school league a musical program which drew a "full house". Plans have not been made for the use of this income.

E. Other Work Done by Home Demonstration Agent

1. County home economics worker

The home agent called the meeting of professional workers in May to make plans for food conservation work in all communities in the county. The demonstrations were turned over to the home economics workers. Each was assigned communities in which to work. Because of the season only 36 demonstrations were held. Results of the summer's work were discussed at another meeting in October. Whenever extension specialists were working in the county all home economics workers were invited to meetings being held. Training meetings in gardening, food conservation and poultry feeding were held for

professional workers. These were well attended by the other home economics workers.

### 3. and 4. Office of Civilian Defense and Salvage Committee

These two are carried on together in Fauquier. The home agent has distributed material, made announcements at club meetings, and saturated the various drives in the home demonstration newspaper column.

### 5. Rationing Board

The home agent served as a member of the Consumer Service Committee helping to interpret the various rationing rules and carrying the interpretation to club women.

The home agent acted as secretary for the advisory committee assigned by the War Board to handle the issuance of purchase certificates for pressure canners. This has led to several contacts valuable in the county home demonstration work. Fifty-nine purchase certificates have been issued by the committee.

### 6. Red Cross

The home agent was instructor for 1 Red Cross Nutrition class with an enrollment of 21. Her materials were offered to other classes being held and have been used by several groups.

## VII. APPRAISAL OF YEAR'S HOME DEMONSTRATION PROGRAM

The "moral support" and encouragement given rural women in their efforts to meet war needs, food, clothing, and equipment shortages is the greatest contribution the home demonstration

program has made this year. The suggestions as to how to meet these shortages have been varied and in many cases were never used in the form given, but instead the idea that something could be done was absorbed and the women found their own method.

The great amount of food preserved in spite of the drought shows that many people redoubled their efforts of production and made use of every available food rather than only of favorites as has been the custom. Many, many people were helped with canning methods, drying methods, freezing methods and storage methods for foods. Instruction in use of equipment, particularly pressure cookers, was valuable to home makers and assurance given beginners led to more food being canned.

The home demonstration program contributed to need for gardening instruction. The opportunity given numbers of women to exchange experiences put new vegetables into gardens and cellars and added to the variety that will be planted another year.

Information gained through the home demonstration program in poultry feeds and management answered the questions of worried poultry producers. Results cannot yet be measured except in comments of those seeking help. They were so desperate that a frank discussion of the outlook, though it was not bright, gave satisfaction.

The will to do service jobs for themselves aroused in the club women who never looked upon themselves as "mechanics" is another significant contribution. After overhauling her sewing machine many a homemaker resolved to tackle other jobs about the home.