

VIRGINIA

Floyd County Home Demonstration Agent Annual Report 1943

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ANNUAL NARRATIVE REPORT

HOME DEMONSTRATION WORK

J Lloyd

1943

Eva Bray

Home Demonstration Agent

December 1, 1942 - November 30, 1943

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III. SCOPE OF WORK

A. Home Demonstration Clubs

Year	No. Clubs	Membership
1943	15	253

Home Demonstration work has been in progress in Floyd County for two and one half years. The County set up was of organization type and has been progressing in such a manner, in 1943. Much interest has developed, over the entire county, this year. The Agent has worked with twelve clubs with an enrollment of two hundred forty-four and three additional groups who are not home demonstration club members. Altogether she helped two hundred fifty-three homemakers to improve home living in 1943. She has held one hundred sixty-seven meetings. Seven were leader-training meetings; one hundred fifteen were method demonstration meetings; ten were adult result demonstrations and thirty-five were miscellaneous meetings. This year there has been an increase of seventy-four members in enrollment.

B. 4-H Clubs

Year	No. Clubs	Membership
1943	10	220

4-H Clubs were organized in schools to meet one hour each month. No new clubs have been organized, but there has been an increase of seventy-one members in enrollment. Small group meetings were held in various communities during the summer due to the fact that clubs were widely scattered over the county. This place was successful for most communities.

In addition to the carrying the project "Care of Clothing" each girl selected a "Farm and Home War Service Job" which was done between June and November. Agent and leaders kept in touch with members who could not attend meetings by visits when possible.

C. No. Reached through Special Classes

An estimate of one hundred twenty-two families were reached through special demonstrations and classes taught by the Agent. Instructions were given in Home Nursing, gardens, foods and nutrition, planning school lunches and food preservation. These were non club members.

D. No. Families Reached Through Neighborhood and Community Leaders

It is estimated that a total of one thousand families were reached this year through neighborhood leaders.

E. Total Number Families Reached

The number of families reached through leaders, home demonstration clubs, classes taught and visits could be estimated at being around two thousand families.

IV. ORGANIZATION

A. County Home Demonstration Committee

Membership and function of the home demonstration committee remains the same. The Agent feels that this committee has grown in confidence. They are a group of people who have learned to express themselves more freely. Leadership has developed among them. They seem to have a feeling that they are the promoter in their community. The Agent feels proud of their co-operation and contribution made in planning the 1944 program of work. There was a willingness on the part of every member to give more study to county wide situations and to plan a program to help individuals and also to contribute to the war effort.

Refer to Narrative report, 1942 page 2, for information on selection and function of the committee.

B. County Agricultural Board

The County Agricultural Board is functioning on the same organized basis as planned in 1942. Refer to 1942 report, page 3, for information on organization.

Neighborhood leaders helped during the early spring months with getting the "Victory Home Food Supply Campaign" under way. Nine communities, sixty-one neighborhoods and two hundred twenty-three families cooperated. Subject matter material was furnished families on those subjects in which help was requested.

"Share the Meat Campaign" was launched through the neighborhood leaders also. This was successful. Many homemakers did not have to reduce servings because they have been staying within the ration.

Next, the 1943 Production Goals and suggestions for meeting them, and the Farm Labor problem was launched. Production goals have been met and the Farm Labor Committee decided that the labor situation in this county was not serious enough to justify the establishment of a Farm Labor Office. It was agreed that farmers could exchange work with each other and make out very well in 1943.

Soil Conservation was the next meeting for the county Board of Agriculture to act upon. A representative from the Extension Division presented this topic to the group. Plans were made to find out if there was sufficient interest in the county becoming a part of the New River Soil Conservation District.

The group present unanimously agreed to proceed with meetings, and an area was selected in which to circulate a petition to see if there was sufficient interest to justify further proceedings.

The "Food Fights For Freedom" Campaign is underway this month. Plans are made, leaders are trained to contact every farm family. The Agent regrets that a report cannot be given at this time.

Conclusions from these programs are that the neighborhood leaders are reaching many families which the Extension Service, nor any other Service, had not reached. Personal contact with a neighbor, brings better results.

C. Professional Workers Conference

This council is functioning on the same organized basis as in 1942. Seven meetings have been held this year. Topics discussed were:

Welfare Activities in the county led by the Agent and Welfare Superintendent. The type of work being done to improve living conditions and to make better citizens was explained fully by the two Agencies giving her method of approach.

Home Economics and Agricultural workers explained to the council the plan being used in the production and conservation programs. In order that all agencies may cooperate and teach farm families the same thing this was a very necessary meeting.

Progress and achievement records for farm families were discussed. Each Professional Worker received definite instructions for work and a copy for each family to receive was taken by each worker. They in turn were distributed through neighborhood leaders to the family.

Pressure Cookers were discussed at the next meeting, and a committee was appointed to review applications previous to the War Boards' approval. The Agent was elected as Chairman of this group.

At the next council meeting Soil Conservation Service Work was discussed and arrangements were made to hold a meeting of the County Board of Agriculture. At this time questions on the community cannery were discussed.

A brief discussion on progress and results of Soil Conservation was given.

A discussion of hog cholera, Dairy Feed program, AAA payments and meat slaughter permits were heard.

V. LEADERSHIP

A. Adult Work

The Agent was sure that the Officers understood her duties to be able to carry out her job well. Often times parliamentary procedure was studied.

As a result of a years work the Agent feels that club officers have grown in confidence. By having a definite part on the program they feel that they must attend all meetings. On the whole each officer has assumed responsibility and done the job well.

Project Leaders

At the beginning of the new year the Agents' first objectives for leaders was: to sell them on the importance of having leaders.

Give them a thorough explanation of what they are expected to do, and in so far as possible let them select the demonstrations they want to give. There is a total of twenty-four home demonstration leaders. The Agent feels that leadership has developed in all clubs. The women have gained in confidence; have a better knowledge of the job to be done. Seven meetings were conducted by leaders with an attendance of one hundred homemakers. Four leader training meetings were held with an average attendance of seventy-three leaders. Transportation facilities held the attendance down.

Federation Goal Chairman

a. Federation Goal Chairman was selected in each club to work with the Agent in selecting a Health Project for each club. One half day was given by each chairman. Each decided to concentrate their efforts on the Cancer and Infantile Paralysis Campaign. As a result twenty-four dollars was donated to the Campaign.

Neighborhood and Community Leaders

Four meetings of neighborhood and community leaders were held with an average attendance of forty members. Reports show that about 50% of the leaders accept the job willingly, glad to assist in the war effort by serving in this way.

The most outstanding accomplishment this year has been the Victory Gardens. The Agent feels that the leaders assistance in putting this program in the hands of farm families has been outstanding. From club members, reports show that canning plans worked out in club meetings were reached plus additional canning. It is felt that for the entire county additional canning has been done by every homemaker.

B. 4-H Club Work

Project Leaders

Project leaders, which are local farm women, consists of nine members selected on the basis of interest in 4-H club work and their participation in other community organizations. Five leader training meetings have been held. This was done through individual and group instructions. When the Agent was in that particular community a part of an afternoon was devoted to training them.

A teacher served as a Sponsor to the ten 4-H clubs. This sponsor was selected in cooperation with the Principal. Sponsors have attended monthly meetings; encouraged timid members to perform their duties when called upon, and to take part on the program. They assisted the program committee in securing strong educational programs. They have assisted the Agent to give all the encouragement possible to officers in performing their duties well, encouraged members to keep up interest in their projects and to create in each individuals mind a greater vision and an ability to render service.

Club Officers

Club officers consisting of a President, Vice President, Secretary-Treasurer, Reporter and Song Leader serving to the ten clubs have done a good job in conducting all business meetings. They studied parliamentary procedure for one month at the beginning of the New Year.

VI. RESULTS

A. Home Demonstration Clubs

1. Project Work

a. Food

1. Production

Home production of food has been the watchword for every homemaker this year. At the beginning of the new years' program every family was urged to be self sufficient by producing all the food they needed for the whole year. The importance of planning the year round garden for a generous supply of protective foods was discussed. In early spring each club followed the "Live at Home Plan" and worked out the yearly amount of food needed and how this could be provided for, for her particular family. Also the yearly amount of milk, eggs, poultry and home-raised meat was worked out for each family.

Extension leaflets on production of the home food supply were distributed to club members.

My conclusion on production is: There has been an increase in production of food over the entire county. The number of families who pledged to produce in the Victory Food Supply Campaign was around three hundred, but the Agent feels that the number being small was due to a lack of a thorough understanding of the campaign. Every family represented in a club, and others talked with who are non club members, state that there has been an increase in production this year. Bread making given in twelve clubs met with great approval. Housewives realize that since the War our mode of living has changed somewhat. Increased cuts in transportation reduces the trip to town or to a country store. They are conscious that bread is the staff of life, and one of our cheapest foods. Its importance makes every housewife more anxious to have it in the diet.

As a result of the twelve demonstrations eighty-nine homemakers report that they are using the recipe demonstrated and are making their own loaf bread and rolls.

2. Conservation

Thirteen demonstrations on canning and drying fruits and vegetables was given by the Agent. Club leaders and in some instances club members helped individuals who were non club members to can and dry. The Pressure Cooker and hot water bath was stressed as being the best methods for canning to make the food keep.

With an increase in home raised meat homemakers were eager to know the best methods for canning. Eleven meat canning demonstrations were given using, pork, beef and chicken.

Conclusion from this program is that home canning of fruits and vegetables has always been of major importance, but is intensified this year by war conditions. Everything edible that was not preserved in other ways has gone into jars and on the markets. Fruit canning was limited this year due to the fact that peaches, apples, and cherries were killed. Blackberries were bountiful and many were conserved. Home makers stuck to the pressure cooker and hot water bath method of canning. The open kettle method that many were accustomed to using for canning tomatoes and berries is out. Housewives are anxious to give their families nourishing foods and not just emancipated food to stop hunger.

A survey shows that 120,030 cans of food has been conserved in glass and tin cans. 1722 pounds of fruits and vegetables have been dehydrated and 29,967 bushels of food has been stored.

3. Nutrition

A nutrition leader was elected to each twelve clubs to review the monthly Nutrition News Bulletin.

The Agent taught nutrition along with the home nursing classes to the home demonstration and 4-H clubs. Requests for nutrition talks to schools, P. T. A., Woman's Club, Teachers Conference have been taken care of.

Teachers have reported to the Agent that foods discussions have meant far more toward getting the children to eat correctly and to drinking milk than any other method of approach. Pupils absorb what a visitor has to say quicker than from the teacher.

The emphasis based on food production and conservation has been of prime importance in this period. Nutrition and health go hand and hand and food is the first line of defense.

The Live at Home program, with emphasis on nutrition was one of the leading projects for the year. In every meeting nutrition was put first in importance, thereby, improving the health and morale of every person.

War has awakened more people and given them a desire to learn more about nutrition. There is a greater desire among club members to adopt new food habits and a keener desire to meet definite goals set forth in county campaigns. The Nutrition Yardstick has been very effective and meals have improved through the use of it.

b. Clothing

1. Consumer Problems

a. Buying

The Agent has helped rural women to understand the importance of taking care of all clothing on hand. This year purchases must be prohibited if at all possible and make clothing last for another year or more.

If a purchase is made the homemaker is aware of these facts: She must read the label first. Find out what kind of fibers make up the cloth; is the garment washable; sunfast, will the garment shrink? Note special finishes. Buy only what is needed and weigh carefully to see if the garment is needed.

b. Care

The homemakers were instructed to ask for directions on care of new fibers or alternate materials which may be a mixture of those we have known as some new fiber.

c. War Production Regulations

Make, remake or mend is the slogan homemakers are ask to follow unless they are willing to accept cheerfully and effectively the new styles that meet the war production regulations.

The Agent has attempted to keep all club members posted on buying information and regulations, through the use of outlook materials, which is so necessary.

2. Conservation

a. Wollen garments

Storage

War needs for wool and other fabrics call for conservation of civilian clothing. Best methods of storage of woolens and other fibers was given.

One hundred twenty-five homemakers received instructions on care of woolens and the best methods for storing to prevent moth damage.

C. House Furnishings

1. Conservation

a. Furniture Clinics

Chair Seating and Upholstering

With many materials on priority lists because of war needs, there is less effort toward remodeling with new materials. However, there has been great interest in home repair with materials and labor on hand in improving house furnishings through reupholstering sofas and reseating chairs.

Ten demonstrations have been given in ten communities and three demonstrations given in three neighborhoods on chair seating and upholstering. The Agent started taking orders for the fiber to be used for the chair seating, but the demand became so great she was forced to let homemakers order for themselves. As a result of these demonstrations thirty-six chairs, which were stored in the attic probably because the homemaker didn't know how to go about doing it, were restored to usefulness. Housewives did all the work themselves and are very proud of their work. After three training meetings on upholstering five couches and three rockers have been made useful and to look attractive.

This proves just what can be done with very little expense, elbow grease and time.

2. Construction

a. Furniture

In the chair seating demonstrations small foot stool frames were used for demonstrating. Housewives were eager to buy a frame for themselves, but because of war needs no more were being made.

As a result the women decided to try their own skill at making one. Measurements of the original was taken and five frames were reported made.

b. Slip Covers

Each club was interested in making the home an attractive place in which to live by improving house furnishings through the use of slip covers for worn chairs, sofas and iron beds. One month was devoted to the

construction of slip covers for twelve clubs. Wise choices of textiles, durability as well as beauty of material in selection, texture and design, keeping in mind the general atmosphere of the room were points stressed in the twelve meetings. Pictures and materials showing both good and bad points were on display.

As a result of this demonstration one hundred fourteen housewives received instructions for doing the job. Seventeen couches, thirty-four chairs and three beds have been slip covered and made to be a beautiful piece of household furnishing. A chair slip covered by a club member compared to a job done by a department store for a woman who is a non club member shows that it can be done at home with about half the expense and is just as attractive.

d. Home Management

1. Kitchen Arrangement

Kitchen improvement was a project for ten home demonstration clubs in 1942. At this time this project was gone into in details. This year the month of January was devoted to "Planning For Better Living In War Period" and in this particular demonstrations kitchens arrangement was gone into from the standpoint of arrangement for saving time and energy for the homemaker.

Reports show that one hundred housewives were reached; fifty-two report that kitchens have been made more convenient by rearranging and grouping equipment around work centers to suit the individual in performing household tasks. Some got wheel trays made, tool kits assembled, a kitchen step ladder and the kitchen work table the correct height.

2. Storage

Storage for equipment to be used in the kitchen at the different work centers was discussed from the standpoint of the amount and location of space needed for each task performed.

Twelve clubs with a total of one hundred twenty-five received instructions on the best methods of storage. Forty-two women report better storage space for equipment.

3. Home and Farm Unit Demonstrations

This year the first Farm--Home Unit Demonstrator was selected. The Home Agent and the Farm Agent selected the family from these standpoints: Families were representatives of the communities in which they live. The family group is made up of father and mother of the middle age group, sons age 16, and 12, one daughter age 8. The family is living on a F. V. A. demonstration farm. The homemaker is not a home demonstration club member.

She is ambitious and anxious to improve the home. Particularly kitchen improvement. Home account record will be started.

Results this year are:

The family agreed to make plans over a period of five years. An inventory of household improvements was made. The additional storage space and kitchen arrangement talked over and planned for was not accomplished.

The home account record book was started and has been kept up to date.

The canning plan worked out as a guide in having food sufficient to feed the family adequately was reached. The homemaker states that heretofore she had been using the open kettle method for canning fruits and some vegetables and having food spoilage. This year, after having individual help on canning with pressure cooker and hot water bath she was not had any food spoilage.

2. Home Demonstration Club Activities.

a. Federation Goal--Health

Helping every farm family to plan for increased production and preservation of food for home use. A Health Chairman was elected in each of the twelve home demonstration clubs to give at least a five minute discussion on some phase of health at each monthly meeting.

One month was devoted to, Health. Through better nutrition, at this time food groups and their value to the body were discussed and posters were on display to illustrate points discussed. A simple medicine chest was assembled and on display at this meeting. Homemakers are aware of the fact that we must do our best not to use the attention of doctors and nurses during war years. Rural women are better prepared for taking care of sick members of their own families. Classes in home nursing have been taught in clubs for two months this year. Club members are passing on to their neighbors and friends their knowledge on care of the patient, care of the sick room, diets for the sick ones, prevention of colds, home made nursing equipment and first aid in the home.

Home demonstration clubs aided the cancer and Infantile paralysis campaign for their county goal.

More than 269 adults received the home nursing instructions and feels that it is an asset to the homemaker to have the ability to take care of a sick person intelligently.

Twenty-five dollars was contributed to cancer and Infantile Paralysis campaign.

Bulletins distributed to members were beneficial.

b. Campaign--Nutrition

Nutrition was selected as the county campaign. Refer to page 6-7 for information on work accomplished this year.

c. Other Special Activities

Besides the regular home demonstration program club members have responded well to defense activities.

Sixty-two dollars was contributed to the Red Cross War Drive.

Two hundred twenty-four hospital shirts were made by club women furnishing the material. White feed bags were used for this.

One hundred bed side bags, one hundred twenty-four hot water bottle covers and two hundred eighty-eight buddy bags were made.

Twenty-seven dollars in stamps was sold in "Women at War Week." This was done by giving each organization in the county a day in which to sell bonds and stamps.

Twenty-four dollars was contributed to the cancer and infantile paralysis campaign.

Homemakers are eager to contribute their services to help our nation at war.

3. Outstanding Work of a Club Member

Mrs. Smith, member of Floyd Home Demonstration Club has done a fine job of production and conservation this year. She has produced quantities of vitally needed food for victory in her garden, and has an improved knowledge of the production of new vegetables, celtuce, broccoli, okra, zucchini and desmoines squash are new vegetables grown in her garden this year.

She has stored and canned a large amount which will supply the family needs this winter. Six hundred jars were filled, with fruits and vegetables, fifty containers of jams, jellies and butter; ten gallons of kraut; five gallons of pickles; forty pints of piccalilli were made.

Fifteen quarts of beef; seventy-five quarts of pork is canned and poultry will be grown for winter use.

Fifty bushels of irish potatoes; ten bushels of sweet potatoes were grown and are stored.

B. Agricultural Boards

Programs sponsored by the Agricultural Board is given in this report page 2.

The home demonstration agent furnished each Professional Worker with publicity material for launching programs sponsored by the Extension Division. ~~For~~ cases the Agent presented the educational material and trained Pro-

essional Workers as to what must be accomplished in each campaign and they in turn trained their community and neighborhood leaders for the job.

C. 4-H Clubs

1. Project Work

a. Food and Nutrition

One month was devoted to teaching foods and nutrition to 4-H club members. This was done through the use of the "Vitamingo" game which made a popular appeal to 4-H club members. This method was found to be more effective than the check sheet, previously used, on checking food habits. Each club member purchased a vitamingo game. Teachers purchased this game also for class room use.

Emphasis was placed upon the production of food. The point was stressed that regardless of whether the country is at war or peace we must eat, and this year it must be produced at home, those who received a low check on the vitamingo game are eager to improve and did improve with the next check.

One hundred forty members received instructions.

b. Clothing

The outstanding goal for 4-H club members this year was for each girl to conduct a substantial piece of work to show better practice in home economics, or agriculture, contribute toward the improvement of the farm and home, and also make a special contribution to the war needs.

The "Car of Clothing" was selected for work this year. The program on clothing was introduced through Special Laundering Problems, taking into consideration sweaters, knit wear woolen garments and gloves, correct method for pressing woolens, rayon and blended fabrics, care of foot wear including shoes, overshoes and patching of them and care of hose. Mending patching and darning proved to be popular among club members.

Reports show that fifty-four sweaters were laundered by club members; one hundred fifteen did all the pressing of their woolen garments; one hundred thirty-nine gave their shoes weekly care and kept them mended. One hundred sixty-one girls report that they have kept their socks darned. Thirty-three report new garments made; fifty-four garments remodeled.

During the month of June, July, August and September girls worked on "Farm and Home War Service Job." During this time girls were out of school and it was difficult to reach all members since they were widely scattered over the county.

One hundred forty-one selected a War Service Job. Thirty-six selected Victory gardens, with seventeen completions; Ninety selected raising poultry, with fifty-six completions; Four cared for the milk; one girl raised a swine; nine selected food preservation, with 1060 quarts being conserved.

c. Home Improvement

Twelve girls report improvement in walls and woodwork; twenty-six have made improvement in floors. One girl reports five chairs resealed; seventy-five girls cared for own room regularly.

d. Home Management

Ten girls report woodboxes have been improved

e. Poultry

Ninety girls selected poultry as their War Service job for work during the summer months.

There were fifty-six completions with 1345 birds grown.

f. Gardening

Thirty-six girls selected Victory Gardens as their War Service job for work during the summer months.

There were seventeen completions.

3. Community Activities of the Club

The most outstanding contributions to the war effort was the contribution made by club members for buying an Ambulance for overseas service in honor of 4-H club members now serving in the armed forces.

Club members have contributed to salvaging nylon and silk hosiery; fat salvage campaign and tin can campaign. This was carried out in co-operation with schools. Therefore a definite figure cannot be given on the amount salvaged.

4. Outstanding Work of a Member.

An outstanding piece of work has been done by a Willis Club member on food conservation. Her canning plan, as worked out in the 4-H club in early spring, calls for three hundred sixty-two quarts. Mary Lou has canned a total of one hundred twenty-five quarts, and assisted in canning other cans.

D. Other Work Done by Home Demonstration Agent

1. County Home Economics Workers

County Home Economics Workers make up the county agricultural board. The Home Agent has worked very closely with the three workers. First, on the Victory Home Food Supply Campaign, second, Share The Meat, campaign, third, 1943 Production Goals and suggestions for meeting them and the farm labor problem and in the month of November the, "Food Fights For Freedom" Campaign was launched. Home Economics workers have cooperated in so far as possible to inform every farm family of each of these programs. Favorable results were obtained in each campaign.

2. County Nutrition Committee

The County Nutrition Committee has not been actively at work this year. Probably due to transportation facilities. The Agent has been actively at work reaching families from the standpoint of food production and conservation, teaching nutrition from the foods standpoint to county schools, P. T. A. meetings. Pupils have been able to carry back to mothers, who are non club members, some worthwhile simple nutrition facts. The Agent has worked with teachers in making menus for lunch rooms. In some instances pupils are assisting the teacher in preparation of the food. Definite suggestions in regard to nutritious foods that children will absorb quickly are made to the teacher by the Agent.

3. Office of Civilian Defense

The Agent has cooperated with the Coordinator of Defense, in so far as possible, in any programs that she has been asked to contribute to. Probably the most outstanding program worked with was the "Food Fights For Freedom." The Coordinator and the Agent worked very closely on this program. The Coordinator was responsible for calling the meeting of representatives of other organizations who will assist in this program. The Agent studied material and explained the food for freedom program in general.

4. Salvage Committee

The Agent has cooperated with all salvage campaigns. The salvage of tin cans, hosiery, fat, clothing, paper etc, has been discussed with all home demonstration and 4-H club members. They have been given educational material on the various campaigns for study. Neighborhood leaders have been instructed to inform farm families of the various campaigns.

Home demonstration club members alone have salvaged one hundred fifty-six pounds of fat this year. They pledged themselves to saving one tablespoon full each day and then brought it to club meetings for the Agent to take in for them.

5. Rationing Board

The Agent serves as a member of the advisory committee to the board to keep farm families informed on rationing. This in many cases saves time for the homemakers and members of the board in answering questions. The Agent gave three days in assisting with registering families for War Book IV. She cooperated with the board in working out plans for contacting farm families and training leaders to assist families in registering for Book III. This was worked on approximately one week.

The Agent is assisting the Ration Board by serving as a Price Panel Assistant.

6. War Board

The Agent has served as an advisory member in reviewing applications for eligibility of a person for pressure cookers. This was most important to food preservation.

7.

7. School Lunch

Nutritious lunches are still a patriotic must in many of the county schools. The three local high schools have a supervised lunch room. The Agent has assisted teachers of four schools in menu planning for the lunch room. Patrons have been assisted in planning better lunches for children, and for the husband who is in many cases a defense worker, through club meetings. It is definitely a fact that lunch rooms are operated for the good of the child and not for the money cleared.

8. Red Cross

Home demonstration club members have followed the Agents suggestions for contributing to the Red Cross. The following work has been accomplished this year:

Sixty-two dollars was contributed to the war fund

Two hundred twenty-four hot water bottle covers; one hundred bed side bags, two hundred eighty-eight buddy bags and two hundred twenty-four hospital shirts have been made.

VII. Appraisal of Contribution To The County Made by The Home Demonstration Program

Probably the most significant contribution made to the county this year is the development in the women to think together as a group and the willingness to act as a promoter for their community in planning programs which will help their county and at the same time contribute to the war effort, through our program this year we have been able to improve home and community standards.