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VIRGINIA

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

NELSON

COUNTY

1949

Agent MARY SALE STENNETT

Date worked from 12/1 to 12/1/49

Assistant Agent _____

Date worked from _____ to _____

Agent _____

Date worked from _____ to _____

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Date worked from _____ to _____

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III. SUMMARY OF ACCOMPLISHMENTS

The Home Demonstration Club women have enjoyed their program more this year, as a whole, than in previous years.

The outstanding program was a county-wide leader training meeting on Electrifying Lamps. 150 lamps - antique to modern, bottles, jugs, coffee and spice mills, candles, etc. were completed that day. Fully 150 more have been wired through the Home Demonstration Clubs and groups over the county.

Competing with the popularity of the lamp program, the decorating of trays and other items comes a close second with approximately 195 different items being decorated. All shapes and sizes of trays have been refinished - some antique, some Chippendale and Queen Anne, new designs, and many cheaper trays, some old from rust brought back into use, and some newly bought from hardware and dime stores. China and glassware, wooden bowls, chairs, etc. were decorated too.

The Braided Rugs were popular in a majority of the Clubs. They are still in the making since they are more expensive and the women are using old clothing and scraps as they accumulate. Most of the rugs will be made into large oval rugs to fit into dining and living rooms. Some cotton rugs were made for bath and bedroom scatter rugs.

The Buffet Meal was the next most popular program. Leaders in all except three clubs carried this demonstration out

beautifully and quite a few remarked that it had been a big help to them in serving at Christmas time.

Refinishing furniture is a continuation of years. It is always an interesting subject with homemakers. Not as many show interest in this phase but those who do really got a lot out of the leader training meeting and have carried it back to their clubs. Approximately 165 pieces of lovely furniture have been reclaimed - a lovely pine table desk; many dark oak pieces of furniture lightened; lovely brass fixtures cleaned and polished; walnut and mahogany pieces brought out from under several coats of enamel and paint. The women were astonished at the results and are very pleased with their work in refinishing furniture.

The attendance at leader training meetings has increased over previous years and the leaders have done a better job of carrying the training back to their clubs. Only one club has not had leaders at leader training meetings this year and transportation is their problem. The Agent has had to carry this training to the leaders or give it to the club.

The membership has increased in both new members and former members returning. The fact that more younger women are interested is gratifying.

All Clubs paid Federation dues. Twenty-five members from the Home Demonstration Clubs attended the District Federation meeting in Harrisonburg. They invited the District to meet in

Nelson County in 1950. The invitation was accepted.

The Home Demonstration Clubs decided to have an Achievement Day program in October. They joined the 4-H Club in this one-day event. The parents and Home Demonstration members furnished an old-fashioned picnic lunch for the noon hour. Lovely exhibits of Art in trays, refinished furniture, rugs, crocheted and knitted work, clothing, canning and foods were made. This day was truly a highlight of our year's program.

This year we are realizing steps in progress in many things. For ten years since the present Agent has been in the county, the Home Demonstration Clubs have carried Health programs and worked towards a health unit in the county. This realization has come true. A good sized Health Center is well underway, the building will be completed in the next few months. The county has a joint Health Officer with Amherst County, full time Sanitation Officer, two county nurses (white and negro) and clerk.

The Home Demonstration women cooperate in clinics, transportation and educational work with the health unit, and in Tuberculosis, Cancer and other drives in the county. They were especially helpful in the sodium fluoride treatment in dental clinics the past summer.

The Community Center is another need the Home Demonstration women have felt for a long time. This year the Home Demonstration Committee sponsored a Square Dance in the Community

Center and cleared \$75.00. They hold leader training meeting there except when lack of needed equipment makes it necessary to go into homes or shops. They hope to help equip this Center so their Foods meetings can be held there, too.

The exhibits at the Achievement Day program opened the eyes of a number of people to the real value and use a homemaker can get from Home Demonstration Club work.

The county weekly newspaper and Lynchburg, Charlottesville and Richmond daily papers are very cooperative in getting Nelson County news before the public. The Nelson County Times and Lynchburg News have taken many pictures of leader training meetings and project work for publicity through their papers.

WLVA radio station has been a big boost and help to Club Work in the county - both Home Demonstration and 4-H. Their daily Farm and Home Hour carries announcements of the county's Extension daily program. Mr. Lund, farm reporter of WLVA, has attended meetings and either recorded highlights of the meeting or quoted women, girls or boys over his next day's program.

The newspaper representatives and Mr. Lund have been most cooperative.

The Home Agent feels that the year's work as a whole has been most successful.

4-H Club Work

The 4-H Clubs have had more and better completions in project work. The leadership has been stronger and better.

155 Junior and Senior 4-H boys and girls attended the

Electrical Schools held at the four High Schools in Nelson. The instructors were the Agricultural Engineers and Home Economists of the Appalachian Electric Power Company. 76 boys and girls completed the 16-hour course. Nelson County again had the state winner in the Better Methods Electric Contest, and also won the Bronze Plaque award for the best electrical program in the state.

This was Nelson County's first year in the Sears, Roebuck Garden Contest. 7 4-H girls entered. A third place in gardens and a fourth place in canning in the area went to Nelson County girls. The Home Agent feels that this project has strengthened 4-H Club Work in the county as well as helped the families of the girls participating.

The 4-H and Home Demonstration Clubs joined in an all day Achievement program. The 4-H members brought quite a few exhibits which were very good. The Day was full of interesting things to do and see. Everyone had a big day. This day with the young club members and their projects told more about their work to the adults than could be expressed in words.

The best 4-H exhibits from the County Achievement Day were taken to the Lynchburg Farm Show. 6 girls won eleven ribbons at the Farm Show. 5 girls entered the Better Dress Revue, 1 girl placing 2nd in informal party dress.

IV. ADULT

A. Project Work

1. Lamp Conversion

April 6 was a "Red Letter" day for Nelson County Home Demonstration Club women and their friends. Nelson was most fortunate in securing the expert services of Miss Sarah E. Moore, Home Lighting specialist with the Roanoke branch of the Appalachian Electric Power Company. Miss Moore was most charming and well versed in her work. She was ably assisted by Messrs. Candler and Miller, agricultural engineers, Miss Ann Lankford and Mrs. Elizabeth Campbell, home economists, with the Lynchburg Appalachian Electric Power Company. This was a leader training meeting arranged by the Home Agent.

Over 150 lamps, jugs, bottles, vases, coffee and spice mills, etc. were brought to be electrified. Some very old and beautiful articles were on display. Forty Home Demonstration Club members from 9 of the 11 organized clubs, two 4-H members and 15 visitors learned to make extension cords and to electrify their lamp, jug, bottle, vase or whatever they brought. 16 others visited the Community Center where we worked and learned a lot from observation. A total of 73 club members and visitors attended.

The morning was given to instructions by Miss Moore on lighting, demonstrations on different types of lighting, the value of enough and the proper light to combat eye fatigue; the proper height of lamp for work service, the decorative type of lamp, lamp shades and the part they played, candle-foot power

needed for proper lighting, etc.

At noon a delicious and bountiful lunch was served by the ladies. After the noon repass the ladies and a few gentlemen present really got down to business. First, Miss Moore taught them to assemble an extension cord and then how this cord and other types of cords could be used to electrify lamps, jugs, bottles, etc. Mr. Eric Lund of Radio Station WLVA, Lynchburg, was a visitor and contacted members of the various clubs present, getting their views on the value of the day's program to them and to the county. Miss Moore gave Mr. Lund a resume of the day's program. The Nelson County Times representatives were present.

Miss Moore, an authority on converting lamps, stated that she had held a lot of similar meetings but had never seen as many nor as beautiful a collection as the ladies had here. Quite a few were antiques, quite a few were of sentimental value. A couple of lovely urns, brought over from England by one of the ladies' grandmother, were among the collections.

This program was carried in 11 Home Demonstration Clubs. In a follow-up of this day's instruction, fully 150 more lamps, jugs, etc. were converted into useful and decorative lamps.

The pictures on pages 12 and 13 show the many lamps, etc. brought in to be wired and a view of Miss Moore and her equipment.

(Original copy carries two
pictures taken of the Leader
training meeting on Lamp
Conversion)

2. Stenciled and Painted Trays
and other Articles

Miss Catherine Peery, Rural Arts Specialist, came for a two-day leader training meeting on stenciling and painting trays and other articles. 20 women completed 18 trays, one box and 1 jug. 8 clubs were represented.

All clubs except one have carried two months in this project. 115 trays and 81 other articles have been finished by the Home Demonstration Club members.

Nelson County Home Demonstration members are fortunate in having two very gifted leaders in this work, Mrs. Maynard Dillard and Mrs. E. W. Gill, both members of the Roseland Home Demonstration Club. They have helped two other Home Demonstration Clubs besides a 2-day meeting in their own club.

Mrs. Dillard had a splendid exhibit of her work at the County Achievement Day program. She worked up educational exhibits on trays, rugs, and reclaimed picture frames showing the steps of development in reclaiming trays and frames and in making the rug. She won nine 1st and four 2nd place ribbons and many compliments on her work.

Besides helping with the Home Demonstration Club members, Mrs. Dillard has carried the work back into her home. With her husband's help, they have completely remodeled and decorated their home - refinishing floors, papering rooms and painting woodwork. They removed a partition between living and dining room, making one large room. Her talent throughout the home shows originality and ability. She is most cooperative in sharing her talents.

(Original copy carries a
picture of Mrs. Maynard Dillard with
a few of her exhibits at the Nelson
County Achievement Day)

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3. Foods

The programs on Buffet meals, Broiler Meals, and milk and vegetables in the diet have been enjoyed. The members felt that the Buffet meal was a great help to them at Holiday seasons and when they entertained large groups. Thirty leaders attended the leader training meeting given by Mrs. Mary L. Thompson, Assistant Foods Specialist.

They carried this information back to their clubs. Several clubs anxious to have this meeting before the Christmas holidays called their meetings at night or set an earlier day for it. The leaders carried the demonstrations alone in 7 of the 12 clubs. The Home Agent assisted 3 other clubs, and 2 groups did not carry the program.

167 reported improving diets

236 reported learning new ways to prepare foods

49 reported increased use of milk and better
butter making

8 reported making American cheese

89 reported making cottage cheese

4. Rugs

19 leaders attended the leader training meeting on Rugs given by Miss Ruth Jamison, House Furnishing Specialist. 11 clubs carried this program. Some lovely rugs were begun and are well on the way to completion.

About 8 have been completed into 6 x 9 rugs. Others want even larger rugs. The completed ones were made from new

materials bought by people who could afford it. Others are making theirs from old clothing or woolen scraps from their scrap bags. Cotton rugs have been made from worn slip covers, draperies, bedspreads, clothing and feed bags dyed. A few were made of new material but the members found that was too expensive. Several made burlap rugs. Some fringed the burlap for shag rugs, others braided it. Both made very pretty rugs.

One woman is interested in trying the corn shuck mats.

The women had asked for rug demonstrations before and a few had carried it as a club choice program. Mostly scatter rugs in cottons were made.

The braided woolen rugs were beautiful and the project has spread to out of club people who have come in for instructions and help.

Mrs. Robert MacGregor, Arts leader for the Greenfield Home Demonstration Club, and her mother, Mrs. Minnie D. Heath, have made braided rugs for several years and were most cooperative in helping others get their rugs underway. Mrs. MacGregor has an old home and a lot of antiques which fit in nicely with the rugs.

Mrs. Julian Parr of the Roseland Home Demonstration Club, who has just completed a lovely new home, is making both woolen and cotton braided rugs for her home.

5. Refinishing Furniture

A leader training meeting on

refinishing furniture given by Miss Ruth Jamison, Home Furnishings Specialist, was held and demonstrations on pine, dark oak and other woods given. Cleaning brass decorations was also given at this time. The women felt this was most interesting and instructive.

A pine table was sanded, taking off several layers of paint and enamel. The grain of the wood was lovely. The owner who had threatened to discard the table for a modern one is so proud of her day's work.

Two dark oak pieces were cleaned, sanded and by using Miss Jamison's recommendations with Oxalic Acid lightened up. The brass knobs and pulls were cleaned with the acid and pumice stone. The ladies were delighted with their pieces.

A few small pieces of mixed woods had to be covered with paint or stain. These were painted a flat black and stenciled in bronze and gold powders. They were very attractive.

165 pieces of furniture were reported refinished. In this number were:

- 16 chairs caned
- 28 chairs { bottomed with fiber rope
- 19 stools {
- 16 chairs reseatd by other methods
- 40 tables refinished
- 35 oak chairs refinished
- 20 oak dressers and washstands refinished
- 5 magazine stands refinished
- 5 smoking stands refinished

The women have had cleaning, repairing and refinishing furniture before and are always interested in this worthwhile phase of their program.

Mrs. Dorothy Drumheller of the Faber Home Demonstration Club has refinished tables, dressers, chairs, cabinets, and also painted her home inside and out. She is very happy over the success of her year's work.

6. Subject Matter Fields carried over from
Previous Years

1. Clothing

Assistance has been given in Clothing Construction, Selection and Care to Home Demonstration Club members throughout the year.

Clothing reported made by 272 members:

1316 dresses
197 slips
29 coats
21 suits
987 children's garments

53 reported care, renovation and remodeling of
253 garments.

2. Food Preservation

The community cannery at the county seat has been a great help to the busy housewife. There they meet neighbors, friends, and make new friends. They work in groups and their work turns into play. From about July 15 to December 15 the cannery runs two to three days a week to take care of the crowds who come to can.

272 Club women reported in Food Preservation:

Fruits:	Quarts canned ...	22,148
	Pounds stored ...	3,125
	Pounds frozen ...	1,257
Vegetables:	Quarts canned ...	16,349
	Gallons brined ..	89
	Pounds stored ...	7,448
	Pounds frozen ...	1,545
Meats:	Quarts canned ...	2,463
	Gal.brined (fish)	4
	Pounds cured	13,655
	Pounds frozen ...	5,193

54 women reported owning pressure cookers. 78 families used these pressure cookers.

13 bought deep freezers

67 added storage space for canned foods

3. Home Management

(a) Home Water Systems: Two days were spent working with Mr. J. A. Waller in a group and in homes on water systems in the home.

The Home Agent, working in cooperation with the local Negro Agent, spent one morning in a group meeting of her negro families in a community where typhoid fever had broken out. Mr. Waller of the Extension Engineering Department, the local Health Officer, Sanitation Officer, the negro health nurse, and one of the Agricultural Engineers of the Appalachian Electric Power Company were present.

After the meeting Mr. Waller, the Local Negro Agent and the Home Agent visited in the homes of those who felt they

were ready for help. Two homes were visited and advice given.

After lunch, Mr. Waller and the Home Agent visited some of her families who were interested. The next day other families were visited and help given. Later written plans, etc. were sent them by Mr. Waller. Follow-up work on these will come when the people are ready for it.

21 reported bringing water into the home

65 reported bathrooms refinished or added

42 reported sanitary closets built

(b) Laundry: 69 reported improving laundry.

(c) Improving or Re-arranging Kitchens:

177 reported refinishing or repairing kitchens

39 reported adding storage spaces for equipment

129 reported buying house furnishings and equipment as

follows:

Electric stoves	Electric hot water tanks
Mixers	Waffle irons
Cabinets	Tables
Sinks	Gas stoves
Percolators	Wood stoves
Refrigerators	Electric Roasters
Deep Freezers	Pressure Cookers
Electric motor for cream separators	Pressure sauce pans
	Small Cooking utensils
Linoleum Rugs	
Curtains	
Screens	

(d) Other Repairs and Improvements:

32 reported heating arrangements improved by adding circulating stoves in oil, coal or wood

36 reported providing storage spaces for books
27 " " " " toys
49 " " " " clothing

- 17 reported providing storage spaces for linens
68 " " " " " canned foods
18 " " " " " games, etc.
- 116 reported other rooms refinished or repaired
- 249 reported replacing screens or other methods to control flies and insects

4. Landscaping

Mr. A. S. Beecher, Assistant Extension Horticulturist, made two visits to the county to work with three families on landscape problems. One of these was a real problem since the home was on a very steep hillside with a narrow margin for a drive-way. They needed parking space and a garage for the family car. His suggestions have been followed and the garage is almost completed.

96 reported improving home grounds.

5. Poultry

- 132 reported raising better breed of poultry
113 " improved methods of feeding baby chicks
115 " control of mites and lice
95 " control of internal parasites
- 29 " building new poultry houses
57 " improving poultry houses

Value of poultry and eggs sold: \$161.52 reported

Value of poultry and eggs used: \$10,653.68 reported

6. Gardens

Value of fruits and vegetables sold: \$741.61 reported

Value " " used: \$8963.71 reported

Home Food Supplies bought: \$9647.15 reported

B. Other Activities

1. County-Wide Cooking School

The Appalachian Electric Power Company Agricultural Engineers and Home Economists staged a one-day cooking school at the Lovingson Theatre when five makes of electric ranges sold in Lovingson were loaned and demonstrated in meal preparation. A movie - The Miracle Bride - was shown and Mrs. Campbell and Miss Lankford gave a dialogue of what they were doing. The script was prepared by Mrs. Campbell. Miss Lankford was the bride-to-be, interested in what type stove to buy and how to begin to learn to prepare meals and operate the stove.

The five models were on the stage. Each one in operation using the different methods of cooking. Five complete meals were cooked before the audience. Each feature of each stove was clearly shown by questions, answers and demonstrations. At the close of the dialogue the meal was ready to remove for exhibit under a mirror so all could see, then carried to an outer room to be served afterwards.

One stove was operated under clear cellophane to show how cool the range was while in operation.

It was entirely a new angle on food demonstrations for Nelson County. The women enjoyed it as well as gained a lot of most helpful information on operating an electric range. Recipes of all foods cooked and served were given to those present. Over 100 people were present.

The Home Agent assisted in arranging for the demonstration and preparing the food and was master of ceremonies of the meeting. Many of those present are still commenting favorably

on the demonstration. Many who missed the meeting are still expressing regrets.

2. Nelson County Day

A day early in June was set as Nelson County Day to sponsor Health Work with indigent people in Nelson.

The Home Agent was asked to be on committees and to urge the Home Demonstration and 4-H Clubs to exhibit and take part in the parade and other activities of the day.

The club members made some exhibits and several 4-H Clubs entered floats in the parade.

A 4-H Club girl was chosen as Queen for the day. This was the second year in succession a 4-H girl was crowned Queen. Quite a few 4-H girls and former club girls were attendants. It really could have been a 4-H Club Show!

A majority of the women helping throughout the day were Home Demonstration Club women. The Senior and Junior 4-H Club members of Fleetwood School practically made up the choir that furnished the music for the program.

The day was lovely and everything went off well.

The Queen's ball was held in the Community Center and the Grand March was lovely and well carried out under the direction and guidance of the Home Agent. Most of the court being former 4-H members who had learned figures in the Grand March at 4-H Camps, the Agent's job of training was not too hard. Many compliments were paid to these lovely young people.

Over 1000 people were present for this, the 9th Nelson County Day.

3. Federation Goal

The Federation Goal for this year was "Art in the Daily Living". Under this the women electrified lamps, vases, etc. for utility and decorative purposes. Many and beautiful lamps were made. (A full report is given under Project Work on each Art project carried.)

Braiding rugs was another art carried by the Clubs. Combining of colors and workmanship were the culmination of many lovely rugs. The cost of woolen mill-ends made rugs prohibitive to quite a few but old blankets, woolen coats, skirts, jackets, cotton clothing, feed bags, etc. were cleaned, stripped, dyed if colors did not blend, and some very pretty rugs were begun. The women wanted large rugs so most of them are still being added to as the women can get additional materials to work with.

The popularity of this phase of the program has spread to non-club members who have come to the Home Agent for help and instructions.

Painting and stenciling trays and other articles have also been carried in the Federation Goal. Quite a few very lovely trays have materialized under the artistic ability of club members. Not all of them have been well done nor artistic, but the women are pleased that they have some of their own work. Other articles made include a wide variety - some useful and pretty, others just ordinary.

Through the Federation Goal they have interested and enrolled quite a few women who had planned to join the Clubs but had not done so until they began the Art programs.

The interest was so great the women decided to continue "Art in the Daily Living" as their Federation Goal in 1950.

4. Recreation

The Home Agent has assisted with recreational programs in clubs, communities and in county-wide programs.

March 31 to April 2, two club women and the Home Agent attended the State Recreational Council meeting at Fishersville when outstanding State and National recreational workers directed the activities. Folk games, circle games, quiet games, conservation of wildlife and handicraft were topics discussed and demonstrated. The women felt greatly benefited from the 3-day work shop.

The Home Agent is called upon for help in all forms of recreation - stork showers, bridal showers, birthdays, special days and holidays, refreshments for all occasions and both quiet and active games. She is hostess at all activities at the Community Center.

The Home Agent was responsible for a recreational program for the Nelson County Women's Club on Folk Games and Handicraft.

5. Cooperation with other Agencies

The Home Agent cooperates with the 4 High School Parent-Teacher Associations. She tries to visit at least one program a year and to help whenever asked to do so.

The Agent cooperates very closely with the Local Negro Agent and her people in clinics, giving information and help when her services are requested.

V. 4-H CLUB

A. Project Work

1. Rural Electrification Project

In connection with Rural Electrification Project, a 16-hour course in Fundamentals of Electricity was conducted by representatives of the Appalachian Electric Power Company. 44 girls enrolled in this project with 39 completions. Only those completing 16 hours were given credit.

Arrangements were made with the School Superintendent and principals and teachers of the four High Schools to hold this course in the schools. 12 hours of the course were held in the schools and the last four hours given at the Appalachian Electric Power Company building in Lynchburg.

Messrs. Lloyd Miller and Harry Candler and Mrs. Elizabeth Campbell and Miss Ann Lankford of the Lynchburg office of the Appalachian Electric Power Company conducted all courses. The cooperation of these representatives with Extension workers and 4-H members in the county has been most gratifying.

The parents and leaders were most cooperative in arranging transportation for the members participating in the courses. They were also pleased with what the children learned and brought back and put into actual use.

This was Nelson County's second year to carry this course in the schools.

For two consecutive years, Nelson County has had a state winner in the Better Methods Electric Contest, which carries a free trip to the National 4-H Club Congress in Chicago.

The winners were: a girl in 1948 and a boy in 1949.

For the second consecutive year, Nelson County won the bronze plaque for the most outstanding program on Better Methods Electric.

Below is given the write-up on the courses as it appeared in the July, 1949 issue of the Better Methods Bulletin:



A PUBLICATION OF WESTINGHOUSE ELECTRIC CORPORATION DEVOTED TO THE 4-H CLUB BETTER METHODS ELECTRIC CONTEST

Vol. II

JULY, 1949

No. 3

Four-Day Better Methods Electric Schools Successful in Virginia

The following report of the Better Methods Electric Schools conducted by the Appalachian Electric Power Company, Lynchburg, Virginia, is contributed by Mr. Harry L. Candler, Agricultural Engineer with that Company.

The Appalachian Electric Power Company conducted four Better Methods Electric Schools in Nelson County, Virginia, during April and May. One hundred and fifty-five Junior and Senior 4-H Club boys and girls in the County received instructions and practical experience in the Schools during the two months.



Boys were proud of the lamps they built.

Early in the spring, plans for the subjects to be covered and the scheduling of the Schools were completed by Mr. John B. Whitehead, County Agent, Mrs. Mary S. Stennette, Home Demonstration Agent, and representatives of the

Power Company. Principals of the four high schools in the county were approached and permission was obtained to use classrooms in the schools. The principals also agreed to excuse Junior and Senior 4-H Club members from scheduled classwork to take the electric course.

Classes for each School were held on four consecutive days, with four hours of instruction and demonstration each day. Twelve hours were taught in the schools and the remaining four hours were conducted in the Lynchburg office of the Appalachian Electric Power Company. At least one movie was scheduled for each meeting.



Girls learned to cook electrically.

The groups were taught by home economists and agricultural engineers of the Appalachian Electric Power Company, with subject matter presented from text material prepared and furnished by the Virginia Farm Electrification Council, Blacksburg, Virginia.

Classes were designed for as much student participation as possible. Demonstration equipment for the classes was used by the 4-H boys and girls. This equipment included:

1. Wiring board containing Kwh meter, volt-meter, ammeter, and wattmeter, switch, fuse block, and sockets for load application.
2. Wiring board showing typical house circuit wiring.



Adequate wiring was demonstrated with this circuit panel and wiring board.

3. Plexiglass pitcher pump, charts, and photographs to show principles of positive displacement water pump.
4. Sockets, plugs, wire and heater plug for each student to make an extension cord and heater cord.
5. Lamp bulbs, and lighting fixtures, manufactured and homemade - foot candle meter.
6. Homemade brooders, poultry water warmer, homemade time switches -- dismantled for boys to assemble.
7. Food freezing cabinet, automatic cycle washers, clothes driers, hand irons, rotary and flat ironers, ranges, food mixers.

Seventy-six of the one hundred and fifty-five boys and girls completed the sixteen-hour course and were awarded Certificates of Accomplishment by the State 4-H Club Headquarters at V. P. I., Blacksburg, Virginia. Twenty-nine students completed twelve hours and fifty completed eight hours of instruction.



Each school closed with a buffet supper in the A.E.P. Co. demonstration kitchen. Food was prepared by the girls as part of their cooking lesson.

At the conclusion of each School, a short talk was given encouraging the students to participate in the Better Methods Contest this fall. A large majority of those completing the Schools indicated that they will submit entry reports to the county agent by September 15th.

The results of the Schools we have held have been gratifying. They have directly resulted in the purchase of time and labor saving home appliances and farm equipment. The students are carrying home ideas from the Schools and putting them to work. Each boy using homemade brooders since last year's Schools, reports unusual success.

We feel that the time and effort necessary to conduct these Schools is well spent, but more important is the fact that the 4-H boys and girls themselves feel the same. Thirty-one boys and girls enrolled in the Nelson County Group Schools this year were repeating the course.

Subjects covered in four day School:

- Fundamentals of Electricity (Boys & Girls) 2 hrs.)
- Better Farm and Home Methods (Boys & Girls) 2 hrs.)
- Simple Wiring Exercises (Boys & Girls - 4 hrs.)
- Farm and Home Water Systems (Boys - 2 hrs.)
- Freezing of Foods (Girls - 2 hrs.)
- Home Lighting (Boys & Girls -- 2 hrs.)
- Electricity Applied to Farming (Boys - 4 hrs.)
- Home Laundry (Girls - 2 hrs.)
- Electric Cookery (Girls - 2 hrs.)

2. Sears, Roebuck Garden Project

Seven girls enrolled in the Sears, Roebuck garden project. This was Nelson's first year to enter this contest. Mr. F. H. Scott, Assistant Horticulturist, Blacksburg, visited the gardens in the spring and again in the fall and scored them.

County placings were:

On Gardens: 1st - Joyce Mattox
2nd - Edith Collins
3rd - Virginia Mundy
4th - Hazel Wheeler
5th - Evelyn Massie
6th - Barbara Ann Glass
7th - Agnes Duncan

On Canning: 1st - Virginia Mundy
2nd - Joyce Mattox
3rd - Edith Collins
4th - Hazel Wheeler
5th - Barbara Ann Glass
6th - Agnes Duncan
7th - Evelyn Massie

Lynchburg Area placings were:

On Gardens: 3rd - Joyce Mattox
On Canning: 4th - Virginia Mundy

Excerpts given below from a report to Mr. R. F. Duncan, Manager of Lynchburg Sears, Roebuck Company, tell the story:

Name	Average Garden Score			Can-ning score	No. qts. canned	Veg. sold	Val. veg. grown	Prizes won	Total Ex-pense	Profit of garden to family living
	Av.	Spring	Fall							
Joyce Mattox	92	91	93	2nd	372	8.75	101.77	31.25	13.65	119.37
Edith Collins	91	88	94	3rd	200	10.25	88.85	40.50	13.94	115.41
Virginia Mundy	90	91	89	1st	1135	9.50	187.10	20.25	13.45	207.35
Hazel Wheeler	85	86	84	4th	650	6.40	134.35	3.00	20.25	117.10
Evelyn Massie	63	81	45	7th	115	3.25	47.75	1.00	9.87	36.49
Barbara Ann Glass	42	84	--	5th	250	6.70	103.25	2.00	46.90	59.35
Agnes Duncan	41	82	--	6th	120	5.30	27.86	1.00	10.45	40.37
County Totals:					2842	50.15	690.93	99.00	128.51	695.44

(Five different vegetables were grown for the first time)

All seven girls had real good spring gardens. They were interested in their gardens which showed work and pride of ownership. The last two girls listed did not have fall gardens and that brought down their score and the county average.

Joyce Mattox had the cleanest and most free from insects. The entire family was interested in her garden. Her record was kept up-to-date and very neat. (She won sweepstakes on it as the best record in the county - boy or girl.)

Edith Collins brought up her score in the fall to place second in the county. The garden has meant a lot to her and her widowed mother and invalid sister.

Virginia Mundy let her score drop in the fall due to illness and too she was getting ready to enter college and could not put as much time on it as she did in the spring.

Hazel Wheeler maybe had a harder job working her garden. Living in the mountains, it was rather rugged and the land not quite as rich. They feel that they have been well paid for what they did.

The Home Agent feels that this project has strengthened 4-H Club work in Nelson and benefited the families as well as strengthened the girls who took the project. The fine cooperation of the Sears, Roebuck Company was deeply appreciated.

3. Clothing

140 members carried clothing work in the three units. 139 completing.

Unit I: 4 members from 2 clubs enrolled in Unit I, Care of Clothing. Care of skin, teeth, posture and hair were studied by these members. They provided the following as project work: shoe shine kits; stored clothing seasonally; dry cleaned unwashables; pressed woollens; replaced hems; hung clothing when removed; and washed 48 sweaters.

Unit II: 24 members from 3 clubs enrolled in Unit II, Looking your Best. 5 of these girls entered the Dress Revue at the Lynchburg Farm Show. One girl placed second in Informal party dress.

23 made 63 new garments for self
6 made 38 " " for others

7 remodeled 24 garments for self
3 remodeled 12 " for others

2 dyed 8 garments for self
2 dyed 12 " for others

24 outfitted a sewing kit

14 kept accounts for 6 months, with total spent \$773.97

9 kept accounts for 12 months, with total spent \$2015.46

Unit III: 112 members from the 16 clubs enrolled in Unit III, "So you'd Like to Sew". 112 members completed.

This project has been very popular with all ages of club members. It is a project that can be carried through the school months since many of the articles can be made by hand.

Through this project reports show: 85 equipped sewing

• boxes; 23 scarfs made; 35 aprons; 52 kitchen towels; 16 guest towels; 29 wrist pin cushions; 34 needle cases; 24 laundry bags; 14 tray cloths; 32 blouses; 18 baby bibs; 16 stuffed toys; 30 broomstick skirts; 76 handkerchiefs; 3 vanity sets; 12 slippers; 12 pairs panties; 4 luncheon sets; 5 hot dish mats; 1 sun suit; 9 doll dresses; 4 other garments for dolls.

The parents have cooperated and expressed appreciation of this project. Three clubs have had splendid training under their three adult and one junior leaders in this project.

Mrs. Russell Smith, local leader for the Rockfish Valley Primary and Junior Clubs, gave the use of an empty store building for a club room and transported members from the school in her school bus. The Rockfish Valley High School loaned their sewing machine and allowed the children who had their parent's permission and teacher's consent to go. Their school work had to be up-to-date and grades satisfactory. We feel that this helped in both school work and 4-H Club Work.

Mrs. Smith had the cooperation of three splendid leaders in clothing work who gave many days to helping these girls. Those who could not sew took Unit III. Those who could sew a little took Unit II and were helped to improve their work.

4. Housekeeping

184 enrolled in Housekeeping. 181 turned in reports, showing:

141 cared for room for 1223 months;
42 mended linens
134 set tables
70 cleaned lamps

- 138 helped with dishes
- 72 cared for garbage
- 97 brought in fuel

- 29 lengthened sheets (91 pairs)
- 27 made and equipped a tool box
- 80 made dustless dust cloth
- 41 made a set of table mats
- 59 put screw-eyes in brooms and provided place to hang them

- 98 arranged room for easier care

- 50 remodeled 120 pieces of furniture
- 70 laundered 314 pairs of curtains
- 70 renewed 231 pictures
- 62 made 85 pieces furnishings

- 31 checked needs for storage spaces

- 42 made laundry bags
- 43 made shoe bags
- 11 made shoe mittens
- 44 placed hooks in closet
- 36 made shelves for storage

Housekeeping remains popular through the school months. Since a majority of the 4-R girls care for their own rooms and help care for other rooms, they like to carry this project along with other projects.

5. Home Improvement

6 girls and 1 boy carried Home Improvement. 5 completed.

Rooms have been papered, painted, floors refinished, curtains and other articles made for the rooms, at a large saving to the family.

Edith Collins and her sister papered their 4-room house, painted woodwork and floors, made curtains, scarfs, bedspreads, and reseatd 12 chairs with fiber cord.

Paul Saunders' report on making and refinishing furniture is given:

<u>Article</u>	<u>Original cost</u>	<u>Cost of Repairs</u>	<u>Present value</u>
Remodeled Table	1.50	3.00	35.00
Refinished chair	1.00	3.00	15.00
Made two lamps	1.50	4.35	16.00
Made walnut plaque	.25	.15	1.00
Refinished Coffee Mill	2.00	.50	1.00
Built stool	.50	.25	2.50
Built magazine Rack	1.00	2.00	12.00
	<hr/>	<hr/>	<hr/>
Total	\$7.55	\$13.25	\$89.50

Prizes won: \$40.00

Total expenses: \$20.80

Total income: \$108.70

Paul carried six boys' projects besides this one. He completed all seven.

6. Bread

36 enrolled. 35 completed. Members reported:

Made biscuits 1324 times
Made corn bread 833 times

Made waffles 175 times
Made loaf bread 79 times

Made muffins 473 times
Made pancakes 499 times

Made rolls 211 times

Helped others 181 times

These club members have enjoyed their work and feel greatly benefited from the experience. The families reported that they felt this project helpful to the girls as well as other

members of the family.

7. Meal Planning and Preparation

59 enrolled. 57 completed.

Baked custard	520	times
Made gravy	755	"
Made cake	434	"
Made soup	1280	"
Cooked root		
vegetables	2734	"
Broiled custard	685	"
Made white sauce	136	"
Cooked green vegetables	2737	times
Cooked eggs	6868	times
Made cookies	767	times
Showed others	221	times

The girls have enjoyed their food work and several reported it had helped them in being ready to take over when mothers were away or became ill. Mothers reported daughters had been a real help.

8. FOOD Preservation

21 enrolled in fall, 89 enrolled by summer.

21 completed; 89 gave reports on canning.

Canned alone:

56	canned	1333	qts. fruits
50	"	1060	qts. vegetables
55	preserved	722	qts.

41	made	193	qts. jelly
41	made	293	qts. jam
46	made	494	qts. pickle

Helped others to can:

89	helped can	8429	qts. fruit
83	"	"	9283 qts. vegetables

71	helped make	2899	qts. preserves
89	"	"	1169 qts. jelly
73	"	"	3082 qts. jam
63	"	"	3069 qts. pickle

83 helped 199 others can

Frozen Food: Two club members reported helping prepare for freezing:

Fruits: 33 packages
Vegetables: 285 packages
Meats: 668 pounds

9. Laundry

7 enrolled. 5 completed. These members reported:

Doing the family washing and ironing for 4 to 6 months; helping with family laundry for 12 months; making starch 12 to 48 times; rearranging laundry set-up for better results and less fatigue; making lining for clothes' baskets; making clothes' pin bag; raising tubs to proper height; improving ironing board padding and covering; following rules in hanging, sprinkling and ironing clothes.

10. Child Care

5 enrolled. 5 completed.

These members had younger brothers and sisters in the home. They fed the baby, washed the baby's clothes, bathed and dressed the baby. They looked after the baby when awake and were baby sitters for others besides own family. One member baby sits for three families. She works with 7 children, 3 boys and four girls - ages 1, 3, 5, 6, 8 and 9 years. She lets each one pick a story for her to read to them. She dresses them for bed. If she takes over in the afternoon, she takes them for a walk. This club member is 13 years old and makes 50¢ an hour as baby sitter.

These members have enjoyed their work and feel benefited

from the instructions and help they have gotten from this project.

11. Poultry

2 enrolled. 2 completed.

Joanne Purvis made a good report on her poultry. She had 26 baby chicks, and raised 26.

Odessa Thompson had 25 baby chicks and raised 24.

Joanne sold 13 chickens at 2-1/2 pounds for \$13.25.

Her report shows:

Inventory at beginning:	\$64.50
Cost of feed:	16.15
Cost of Equipment:	<u>7.85</u>
Total:	\$98.50

Value at end of project:	\$85.55
Value of birds sold:	13.25
Value of birds kept:	<u>19.50</u>
Total value:	\$118.30
Less expenditures:	<u>98.50</u>
Net Profit:	\$19.80

B. Other 4-H Activities

1. Claytor Lake Lamp Project

Nelson County club members and leaders cooperated in the Claytor Lake Camp Lamp Project. 15 clubs entered. 42 lamps were sold by 4-H Clubs and 12 by the Home Demonstration Clubs.

Special leaders were chosen to sponsor this project where the clubs did not already have local leaders who could help them. This program came at the busiest season for the Extension workers or more time could have been put on it.

Comments from parents and leaders on the lamps included:

"I am glad I bought one of the lamps. It is a splendid lamp to read by. We use it every night."

-Mr. G. P. Rodgers

"I had a fluorescent lamp for my boy to study by. To my great surprise, I found one night that his eyes were hurting and he was suffering with a headache. I started him to using one of the lamps we were selling. He was so pleased with it that I bought it for him. He has not complained about his eyes or head hurting since."

-Mrs. S. E. Seunders, Parent and Leader

Other statements have been made similar to the above.

Below is a picture of the first meeting held in Nelson with leaders and agents, Mr. E. W. Carson, District Agent, and Messrs. Miller, Candler and Smith of the Appalachian Electric Power Company of Lynchburg, explaining this lamp project:

(picture is carried in the original
copy of the report)

2. Camps and Short Course

25 girls and 13 boys attended two 4-H Camps at Holliday Lake - 3 girls and 1 boy attending the State Conservation Camp.

3 girls and 2 boys attended the State Short Course at Blacksburg. Edith Collins and Paul Saunders were chosen as All Stars. Both are outstanding 4-H members and have done a good job with their many projects through about seven years, and also in leadership in their respective clubs. Edith, out of school, returns to her school and is local leader for the Primary Club, assists with the Junior Club, then continues her membership in the Senior Club.

Nelson County captured 6 of the 11 honors at the 5-county Camp at Holliday Lake. 6 girls were elected for the following offices: Big Scribe; 2 Lesser Chiefs; 3 Lesser Scribes. Nelson furnished four leaders to assist with the activities during the week of camp.

3. Nelson County Day

(See page 24 under heading "Nelson County Day")

4. Rural Life Sunday

All 16 4-H Clubs observed Rural Life Sunday by attending Church and being recognized. Some wore badges showing they were 4-H members, and some took part in programs.

One group of 3 clubs carried a program for the church that day. Reports were received from several pastors on the part the club members took at their churches that day.

5. National 4-H Club Week

This week was observed by the 16 4-H Clubs in their regular meetings and by special programs given.

An outstanding program was given to the Nelson County Business Men's Club. Over 200 adults and youths were present.

A copy of the program is given:



4-H CLUB PROGRAM

OBSERVING

NATIONAL 4-H CLUB WEEK

PRESENTED AT MEETING

of

NELSON COUNTY MEN'S CLUB

FLEETWOOD HIGH SCHOOL

8:00 P.M.

TUESDAY, MARCH 8, 1949

Cooperative Extension Work in
Agriculture and Home Economics
State of Virginia

Virginia Polytechnic Institute and United States
Department of Agriculture Cooperating

County Agent: John B. Whitehead
Home Agent: Mrs. Mary S. Stennett
Assistant County Agent: Morris E. Campbell

PROGRAM

- Master of Ceremonies John B. Whitehead
County Agent
- WHAT IS 4-H CLUB WORK Miss Agnes Duncan
President, Rockfish
Valley Senior 4-H Club
- Song - DREAMING 4-H Club Chorus
- WHAT I GOT OUT OF THE 1948
LYNCHBURG FARM SHOW Paul Saunders
Vice President,
Lovingson Senior
4-H Club
- Song - A PLOUGHING SCNG 4-H Club Chorus
- 1948 BETTER METHODS
ELECTRIC CONTEST - end
- INTRODUCTION OF COUNTY AND
STATE WINNER Mrs. Mary S. Stennett
Home Dem. Agent
- THE NATIONAL 4-H CLUB
CONGRESS Miss Evelyn Massie
President, Fleetwood
Senior 4-H Club



4-H CLUB PROGRAM

OBSERVING

NATIONAL 4-H CLUB WEEK

PRESENTED AT MEETING

NELSON COUNTY MEN'S CLUB

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Assistant County Agent: Morris E. Campbell

The Fleetwood Junior and Senior
A-H Club Chorus

Director: Rev. A. T. Francis, Massies Mill
Pianist: Miss Genevieve Wood, Piney River

Jean Carter
Mary Frances Carter
Olivia Campbell
Betty Campbell
Barbara Dickie
Arlene Greiner
Joan Harvey
Louise Harvey
Patricia Johnson
Shirley Johnson
Barbara Massie
Evelyn Massie

Arlene Mays
Joyce Mattox
Janet Moore
Shirley Parr
Hazel Proffitt
Betty Saunders
Sarah Sprouse
Shirley Thompson

Hazel Wheeler
Margaret Withers
Amanda Wright
Emma Wright
Joan Wright
Phyllis Wright
Juanita Wood

Bill Bryant Harold Morris
Kenneth Parr Robert Payne

4-H CLUB PLEDGE

"I pledge —

My Head to clearer thinking
My Heart to greater loyalty,
My Hands to larger service, and
My Health to better living,
For my club, my community, and my
country."

MOTTO:

"To Make the Best Better."

"BETTER LIVING FOR A BETTER WORLD" —

1949 Theme for
National 4-H Club Week

6. Nelson County Achievement Day

Nelson County had its Largest Achievement Day program ever held. The program, a catalog and prizes were worked up by the 4-H County Council.

Advertisements were solicited in the county and in adjoining counties and cities. Over \$600 were realized. Premiums for \$212.75 were paid. With expenses deducted, a balance of \$90.00 was left for 1950. 1000 copies of the catalog were distributed to club members and parents and to contributors.

Exhibits were made in Clothing, Gardening, Canning, Closet accessories, Handicraft, Refinished and made furniture, Poultry, Eggs, and in Livestock and crops by boys and four girls. The best exhibits were entered in the 14-county Farm Show in Lynchburg.

7. Lynchburg Farm Show

Prizes won at the Lynchburg Farm Show were: 3 first places; 4 second places; 2 third places; and 2 fourth places, in clothing, canning and gardening; 1 first place in exhibit of three or more pieces of furniture; 1 first in table remodeled; and 1 first in refinished chair.

The boys and two girls entered livestock. These were included in the County Agent's report.

On page 44 is given a picture of Nelson girls in the Dress Revue Contest at the Farm Show. Shirley Thompson (second from right) won 2nd place in Informal Party Dress. Edith Collins (on extreme left) exhibited wool dress with accessories she had made as part of her 4-H work.



(see last paragraph page 43 Re: picture)

8. Recreation

The Home Agent has attended and assisted with all club picnics, parties and plays given by the 4-H club members.

Several of the 4-H Clubs have realized as much as \$50.00 on plays given. The Fleetwood Senior Club donated \$20 for Infantile Paralysis during the county drive. Their play was given with this donation as its objective. Donations on school equipment have been made by the clubs.

The three Rockfish Valley 4-H Clubs donated clothing for the Welfare Department and selected 8 welfare families to whom Christmas boxes would be sent.

The 4-H Clubs have cooperated with all civic improvement drives in the county.

(On pages 45 and 46 of the original copy
are given the following pictures:

Edith Collins with her Clothing exhibits
at Nelson County Achievement Day, showing
child's coat and dress on which she won
first places at the Lynchburg Farm Show

Ann MacGregor showing one of her blue ribbon
jars of canned goods to a member of her
club on Nelson County Achievement Day

VI. <u>SCOPE OF WORK</u>		
	: 1948	: 1949
Number Home Demonstration Clubs or Groups	: 15	: 15
Membership	: 418	: 446
Number 4-H Clubs	: 16	: 16
Membership	: 372	: 354
Number Older Youth Groups	: 0	: 0
Number of other families reached	: 913	: 1805
Total number of families reached	: 1650	: 9453

VII. Brief Statements on ORGANIZATIONS in 1949 Program

1. The Home Demonstration Committee is composed of the presidents and program chairman of each club and the Federation Goal chairman. They meet two times a year, - in the spring to evaluate the program and make any changes necessary, and in the fall to discuss and make the next year's program.

These members carry the programs back to their respective clubs for adoption. The program chairman contacts the members throughout the year and keeps track of the response and wishes of the club for use at the fall planning meeting.

The chairman of the board sets up committees. The presidents of the clubs appoint project leaders who train for their particular project and take it to the club.

The Home Demonstration Committee is the governing body of the Home Demonstration Program.

2. The 4-H Club Council works in the same way with the 4-H Clubs in the county. They hold three to four meetings a year.

Discussions are made as to projects needed; county goals are set; participation in contests, etc. chosen. Members of the Council carry these decisions back to their clubs for adoption.

This year the Council members decided they wanted a catalog and premiums for their Achievement Day. Committees were appointed and they got to work. Arrangements were made with the local county paper editor to print the catalog. He was the first one they solicited for an advertisement. They got the Ad and he also gave them 200 free copies of the catalog.

Each Senior Club was asked to appoint solicitors of advertisements for the catalog in their respective communities and nearby towns. They did a good job with over \$600 collected.

The Council strengthens 4-H Club Work.

VIII. LEADERS - ADULT AND JUNIOR

The local leaders have carried or assisted with almost all club work this year. The attendance and interest in leader training meetings have increased. This was due to new projects and to new leaders being chosen from the clubs.

The organizational leaders have done a good job of conducting their programs and attending Home Demonstration Committee meetings to plan and carry out the program.

The project leaders have felt greatly benefited by the training meetings and have in most instances given the demonstrations in their clubs.

The leadership with 4-H Clubs is still not as complete as is needed. The leaders we have are doing a wonderful job, but we need more like them for the other clubs.

Nine parents came in as special leaders to assist with the Claytor Lake Lamp campaign and these same women helped with the Achievement Day program, community club picnics and parties.

More training of leaders is needed.

Growth of Home Demonstration Club Project Leadership	1948	1949
No. project leaders and goal chairmen	110	110
No. training meetings held - By Specialist	4	5
By Agent	12	4
Attendance at all training meetings	128	187
No. Club Meetings held by leaders without Agent present	50	40
No. Club Meetings at which leaders assisted	86	91

Growth of 4-H Club Project Leadership	1948	1949
No. adult project leaders	19	28
No. junior project leaders	5	5
No. training meetings held - By Specialist	1	1
By Agent	13	4
Attendance at leader training meetings	88	24
No. 4-H leaders trained individually	9	6
No. Club Meetings held by leaders without Agent present	65	70
No. Club Meetings at which leaders assisted	127	148
No. demonstrations given - By leaders	107	144
By adult	70	96
By junior	37	48

IX. Significance of the Year's Work

Art in Daily Living - our Federation Goal - has really been enjoyed by a majority of the club members. This filled a long wanted need in every woman's heart to express herself with her own ideas, talents and ability.

Some very lovely pieces of work have been created. The women were surprised and pleased that they could make as beautiful hand work as they did. Some of them remarked that they knew their husbands would not believe they really did make the trays, decorate the jug, wire the lamp or braid the rug.

The response has been good. The interest in Club Work has grown and membership increased. These pieces of art have brightened the home and called for renovating other things in the home.

The furniture refinishing has helped brighten the home, too. In some homes it has meant a spot of beauty to be enjoyed, relieving the monotony while the home chores are being carried on from day to day.

The Foods and Canning work helped balance diets, relieved extra work when guests arrived, and provided more wholesome meals for the family.

Through the cooperation with the Health program, the families have had healthier living and felt they had helped others less fortunate.

The recreational program in the community center with youths and adults has filled a long need for some decent place to go and some wholesome recreation. The High Schools have had a nice, large place for their Junior-Senior parties; organizations

have used the Center to hold parties, make money, and to hold county or district meetings with large audiences. The Home Agent has contacted many new people through the community recreation center. Most of these activities are night programs and do not interfere with regular Extension duties.

The Home Agent feels that the year's program has been useful, helpful and well carried out in all the clubs in the county.

The Home Demonstration Program for 1950:

December, 1949	- Simple Refreshments
January, 1950	- Master Mix
February,	- Herbs
March	- Sunday Dinner prepared on Saturday
April	- Kitchen Arrangement
May	- Kitchen Storage
June	- Pictures in the Home
July	- Chair Seating
August	- Club Choice
September	- Landscaping the Home Grounds
October	- Improving Walks and Driveways
November	- Etching Glass

Federation Goal: "Art in Daily Living" -

(continued from 1949)
