

VIRGINIA

MONTGOMERY HOME DEMONSTRATION AGENT Annual report 1943

Index		Page
1 e 3.141	Women's market	7
1 g 3.4	Community activities - music	8
6 b	Clothing - 4-H club	10
19 k 2	War financing - 4-H activities	11
19 L 1	War relief - Red Cross	13

**ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
MONTGOMERY COUNTY**

1943

Mary L. Thompson

Home Demonstration Agent

December 1, 1942 - November 30, 1943.

TABLE OF CONTENTS

	<u>Page</u>
I. COVER AND TITLE PAGE.....	0
II. TABLE OF CONTENTS.....	0
III. SCOPE OF WORK.....	1
A. Home demonstration clubs.....	1
B. 4-H Clubs.....	1
C. No. reached through special classes taught by agent.....	1
D. No. families reached through neighborhood and community leaders.....	1
E. Estimate total number families reached.....	1
IV. Organization.....	1
A. 1943 Organization.....	1
B. Professional Workers' Conference.....	1
V. Leadership.....	2
A. Adult Work.....	2
B. 4-H Work.....	3
VI. Results.....	4
A. Home Demonstration Clubs.....	4
1. Project Work.....	4
a. Food.....	4
(1) Production.....	4
(2) Conservation.....	4
(3) Nutrition.....	4
b. Clothing.....	5
(1) Consumer problems.....	5
(2) Conservation.....	5
(3) Construction.....	5
c. House furnishings.....	6
(1) Conservation.....	6
(2) Construction.....	6
d. Home Management.....	6
(1) Adjusting to wartime living.....	6
e. Markets.....	7
2. Home Demonstration Club Activities.....	7
a. Federation Goal.....	7
(1) Conservation of Human Energy.....	7
(2) Conservation of Health.....	7
(3) Conservation of Food.....	7
(4) Conservation of Clothing and Household linens..	8
(5) Conservation of transportation.....	8

	<u>Page</u>
b. Other Special activities.....	8
(1) Yearbook.....	8
(2) County Chorus.....	8
2. Outstanding Club Member.....	9
B. Agricultural Boards.....	10
C. 4-H Clubs.....	10
1. Project Work.....	10
a. Food and nutrition.....	10
b. Clothing.....	10
2. Health.....	10
3. Community Activities of the Club.....	11
4. Work of outstanding club member.....	11
D. Other Work Done by Home Demonstration Agent.....	11
1. County Home Economics Workers.....	11
2. County Nutrition Committee.....	12
3. Office of Civilian Defense.....	12
4. Salvage Committee.....	12
5. Rationing Board.....	12
6. War Bond Committee.....	12
7. School Lunch.....	13
8. Red Cross.....	13
9. Others.....	13
VII. Appraisal of the most significant contribution made by the home demonstration club members.....	13

111. Scope of Work

A. Home demonstration clubs:

No. 16 Membership 422

B. 4-H Clubs:

No. 17 Membership 364

C. No. reached through special classes taught by agent 0

D. No. Families reached through neighborhood and community leaders 1700

E. Estimate total number families reached 1690

No. farm families in county 1930

IV. Organization

A. There has been no change in organization in 1943. See annual report for 1942.

B. Professional Workers' Conference

1. Agencies represented

The Professional Workers' Council has the following organizations represented: Farm Security, Welfare, Board of Education, Vocational Agriculture, Home Economics, Production Credit and Extension Services. Meetings of Professional Workers' Council were held in March, September and November. The March meeting was called to discuss the labor situation and the Victory Food Campaign. The agent talked on Victory Food needs in Montgomery. The September meeting was a special meeting called to plan the distribution of information on feed conditions and to encourage farmers to do special plantings for quick feed crops to help relieve the situation caused by drought. At the November meeting the agent led the discussion on "Food Fights for Freedom".

Plans were made for launching campaign in the week of November 29 to December 3. Professional Workers' divided the work, taking responsibility for different communities to aid community leaders and in cases where the community leader couldn't attend meeting, assume responsibility for neighborhood leader training meeting. The agent called a meeting of members of the Professional Workers' council who were especially interested in the food conservation and preservation program and plans were made for covering the county; each group cooperating with the other. The places for demonstrations and the communities where course 15 was to be given were listed. This made it possible to give much better service to the county.

V. Leadership

A. Adult Work

Leaders	H.D. club Officers	H. D. Leaders	Garden Leaders & Canning	Conservation Chairman	Poultry Chairman	Community	Neighborhood
No. Leaders	48	16	16	16	16*	14	70
Training meetings	2	2	1	1	1	2	2
Attendance		15	32	16	16	23	102 (est.)
Demons. given		45	32	16		6	2
Days given	56	39	36	17		25	75 (est.)

* Gave seasonal information at each club meeting.

Through the fine leadership of the clothing leaders, 14 all-day remodeling clinics were held and a total of 493 garments were remodeled by club members and 200 non-club members were given help in remodeling or information on buymanship of clothing. 1572 garments were made by Home Demonstration club members this year. The women realize how much can be saved by home construction and are doing more sewing and remodeling than ever before. The garden and poultry leaders have done a good job too. They reported at the September meeting 90% of club members had better gardens this year. The poultry leaders told us nearly half of the club members had made improvements in farm flock this year, by either better feeding, better housing or better baby chicks (bought near home.)

Conservation was our Federation Goal and the Committee met early in the year and worked out county goals. Each club appointed a conservation leader, who had charge of the January club meeting and presented the conservation program. This chairman was also responsible for fat and scrap collection in her club.

B. 4-H Club Work

Leadership

Leaders	4-H club Officers	4-H club Project Leaders	4-H club Sponsor	Junior Project Leader
No. Leaders	68	13	3	12
Training meetings held	2	2		1
Attendance	85	18		9
No. days given by leaders	70	45	3	9
No. demons. given by leaders	12	42		18

This is the first time Montgomery County has used Junior Project Leaders and only 9 of the 12 selected could find transportation to training meeting. All of those attending gave the two demonstrations requested and returned cards to agent telling about the meeting. The girls these Junior project leaders reached, lived too far back in the mountains to be reached any other way. The agent feels this was a good beginning and hopes to have more Junior project leaders next year.

VI. Results

A. Home Demonstration Clubs

1. Project work:

a. Food (1) Production

Ninety percent of Home Demonstration club members reported better gardens an increase of 25% over 1942. The garden leaders gave timely information at 7 of the 12 Home demonstration meetings this year.

(2) Conservation

The agent gave 17 demonstrations on canning, drying and dehydration in June and 14 in July. Most of those given in July were given to group of non-club members. Some of these were gotten together by neighborhood leaders and some by County Welfare Workers. The demonstration on pressure cookers interested more people in securing them and 40 pressure cookers have been bought in the county this year. The agent gave information on canning to 235 non-club members in July and August, (didn't keep a record in June.) Most of these people were canning for the first time.

(3) Nutrition

The study of better nutrition played a large part in the Home Demonstration club program for 1943. February, planning for adequate home garden. April, body need and how to meet them in wartime.

May, substitutes for rationed foods. June, conserving foods. July, cooking foods to retain high vitamin contents. September, preparing trays for the sick. October, food storage. As a result of this study, 405 club members report planning better balanced meals and 366 report cooking to retain vitamin content.

b. Clothing

(1) Consumer problems

(a) Demonstrations were given in all Home Demonstration clubs in February on buymanship, war production regulations and substitute fabrics. The club members were much interested in these subjects and passed this information on to 200 non-club members.

(2) Conservation

(a) Woolen Garments

Demonstrations were given on storage, laundering and dry cleaning in 1942, so none were given this year. Many of the women used the information this year.

(b) Sewing Machine clinics

Three sewing machine clinics were held in conveniently located communities, with 46 attending. Forty machines were reconditioned and twenty more have been done by women attending clinics.

This work has proven so popular that the Home Demonstration Committee requested another clinic to be held in the county seat early in January of 1944.

(3) Construction

(a) All-day remodeling clinics were held in all the clubs in March by the leaders. The agent helped in two of the larger clubs, but leaders took the responsibility for the demonstrations. As a result of these demonstrations, 495 garments were remodelled.

(b) New Garments

Much of the clothing information and training in remodeling could be used in construction of new garments. 1572 new garments were made. This is the largest number of garments reported in any one year, since the agent has been in the county. The club women also made 725 Red Cross garments. This brings the grand total of 1780 garments.

c. House furnishings

(1) Conservation

(a) This has not been especially stressed this year, but there has been a considerable carry-over from teachings of other years, especially in shampooing rugs and upholstered furniture. One group met in local Church and shampooed Church carpet. Woolens have been more carefully stored this year as a result of demonstrations given last year.

(b) One demonstration was given by leader on reseating chairs with 12 in attendance. Nine chairs were reseated.

(2) Construction

(a) Slip covers

Two demonstrations on slip covers were given in April to new clubs. Sixteen slip covers were reported made by club members after these meetings.

d. Home management

(1) The women in adjusting to the many additional calls of wartime living, have felt a real need for better home management and have requested help with this problem in 1944. The need for rearrangement of kitchen to save time and labor has been felt by a number of the women and agent has been asked to visit kitchens and make suggestions for these improvements.

e. Markets

Organisation of market is the same as last year.

Number workers selling: 1942 10 and total sales: 1942 \$5,904.64

1943 11

1943 6,832.25

The market increased sales has made it possible to lower commission from 10% to 5% and still take care of expense of market. The market has bought an accurate scale for weighing products and a special egg scale. All eggs sold on the market now are candled and graded according to weight. This makes it possible to get much better prices for the eggs.

2. Home demonstration club activities:

a. Federation goal as worked out by the Conservation Committee.

(1) Conservation of human energy

a. Budget time, so that each household task may be done in a well organized way.

b. Divide tasks among members of family, so the house-maker does not bear too much of the burden.

c. Strive to have all homemaking tools and equipment in good condition and arrange to save labor.

(2) Conservation of health

a. Be sure the foods served to your family are cooked so as to retain their full vitamin contents and that all meals are well balanced.

b. Maintain proper living conditions and cleanliness in the home.

c. See that each member of the family has regular physical and dental check-ups.

(3) Conservation of food

a. Can, dry and store enough food for your own family.

- b. See that no food goes to waste through lack of proper storage space.
- c. If you have a surplus of garden products, share with someone who hasn't, and who will make use of it for his own family.

(4) Conservation of clothing and household linens.

- a. Study correct methods of storing winter and summer clothing.
- b. Hold remodeling clinics.
- c. Pay particular attention to laundering methods.
- d. Mend each garment as needed.

(5) Conservation of transportation

- a. Have a car pool in each neighborhood.
- b. Eliminate every unnecessary trip.
- c. Observe carefully the speed limit of 35 miles per hour to conserve tires.

Note: See paragraph on leadership for other information on goal.

b. Other special activities

(1) Yearbook

The Home demonstration club yearbook was prepared by a group from the home demonstration committee. They also paid for the printing of the book. The members feel the book is very helpful and have asked that it be printed again in 1944. They have liked especially the page marked accomplishments, where each member can keep a monthly record of her work in the club.

(2) County Chorus

The Montgomery County Chorus composed of 25 members, has been active since 1935. During the past year the meetings have been held only once a month. In 1943 the chorus has sung once publicly and has furnished suppers for the Rotarians and Lions, which has enabled the members to buy two \$100.00 war bonds. Since the rationing of gas;

instead of assembling in Christiansburg for practice, the meetings are held in different parts of the county, in turn, thus equalizing the use of cars. Half of the membership attended the Federation of Music Clubs held in Roanoke in October.

3. Outstanding club member

Mrs. John Thompson was a member of the Advisory Council when Home Demonstration work was started in Montgomery County and has helped with the program every since, but this year her services have been outstanding. She started the year off by being Chairman of the County Yearbook Committee, which prepared the best yearbook we have had todote. Mrs. Thompson served as leader-at-large and attended all leader training meetings. She gave seven demonstrations for agent when other things came up that made it impossible for agent to get to the meetings. She is President of the local Home Demonstration club; has secured seven new members for the club; has given the use of her home for leader training and county planning meetings and serves as Secretary of the County Chorus and lets the chorus meet in her home for practice. Mrs. Thompson attended the Federation meeting at Blacksburg, paying her own expenses and opened the meeting with an inspiring invocation and was so interested in all the things she learned about the Federation. She worked out a quiz on Federation and Extension activities, which was typed and passed on to all the Home Demonstration clubs in the county. She often calls the agent and says, "I know you are very busy with ie: 4-H Council dinner, what can I do to help?" or "How are you getting along with your gift demonstration?" "Do you have anything I can make for it?" Mrs. Thompson also found time to do Church work, gave 280 hours to Red Cross work this year, besides managing her home beautifully and selling \$290.00 worth of sandwich fillings to a local drug store.

B. Agricultural Boards

The Victory Garden program was sponsored by the Board of Agriculture. Stickers were sent out from the Home Agent's office and lists were made of help requested. The community and neighborhood leaders arranged for 10 Food Conservation meetings for small groups and gave 6 demonstrations on canning, in isolated communities. The agent also worked with the Board on Bond Sales Committee.

C. 4-H Clubs

1. Project Work

a. Food and nutrition

The 4-H club members contributed to the war effort by helping produce and conserve food. Seventy-nine members reported working in vegetable gardens for the first time this year. All club members helped with family canning and canned alone 7277 quarts of food. Nutrition and health were studied in November and March. In June a check on food habits was made and much interest was shown by the boys and girls in playing "Vitamingo".

b. Clothing

Conservation of clothing was the subject of five demonstrations this year; care of clothing, repair of garments, laundering of sweaters, remodeling garments and making of garments and articles from feed bags. Over 300 garments and articles were made from feed bags. The local Feed Merchants offered prizes of a \$25.00 Bond and second and third prizes of Defense Stamps for best exhibit of garments made from bags. A \$25.00 Bond was also given for the best remodeled garment. Seventy-five girls remodeled garments.

2. Health

(Included under Food and Nutrition)

3. Community activities of the club

The 4-H club members assisted in scrap collection and a 4-H representative has served on defense stamp committee set-ups in each school. In Merrimac community (a poor mining settlement) who has only had a 4-H club a few months, sold \$48.00 worth of stamps last month. None had ever been sold in the school before. The 4-H clubs held a training school for parliamentary practice during one of the County Council and Leader Training meetings held this spring. The Council sponsored a dinner for a Southern States group and cleared \$58.00 for County Council treasury.

4. Work of an outstanding club member

Dot Sisson is 14 and has only done 3 years club work, but each year she does a better job. She carried two projects this year. In her conservation of clothing, she made 8 dresses, 6 slips, 2 sun suits, 13 aprons and 12 articles and garments made from feed bags. Dot's feed bag exhibit won first prize, a \$25.00 Bond, in the county contest. She served as junior project leader for her club and also found time to can 59 cans of vegetables and fruits alone and assisted with 300 others. Milking and working vegetable garden were her war service jobs, as well as doing most of the sewing for her younger sister.

D. Other Work Done by Home Demonstration Agent

1. County home economics workers

There are only two economics workers in the county besides agent. We work closely together and there is almost no over-lapping of work. We planned our food conservation program so the county would be as adequately covered as possible.

2. County nutrition committee

The county nutrition chairman asked each Home Demonstration club president to serve as a nutrition chairman in her community. Two meetings in each club were devoted to study of nutrition and health. Women were urged to check meals they served to their families by the nutrition yard stick. Over half of the Home Demonstration club members reported improving meals and giving information to others. The agent met with the County Nutrition Committee and helped with plans for the years program.

3. Office of Civilian defense

The agent helped with training of leaders in Victory Food Campaign and in the Food Flights for Freedom.

4. Salvage committee

The agent is a member of the county Salvage Committee. Gave information on fat and scrap drives and secured literature for club conservation chairmen to use in presenting facts to their clubs.

5. Rationing Board

Through the Home Demonstration Committee, a person was provided in each community to give information on filling out applications for war ration book number 4. The list of places where this information was available was printed in the county paper. The agent is also serving as a Community Service Representative.

6. War Bond Committee

The agent is a member of the County War Bond Committee and has helped in securing community chairman. Every Home Demonstration club has elected a war information chairman, whose responsibility is to bring timely information to group and encourage sale of stamps and bonds in her club.

7. School Lunch

The agent furnished receipts and suggested menu for hot lunches and worked with the Christiansburg Parent Teacher's Association hot lunch chairman, in making plans for lunch room. Invited District Nutritionist for public health to attend County Home Demonstration planning meeting to answer questions and give information on Federal aid for school lunch program.

8. Red Cross

(See VII)

9. The agent cooperated with group of students from Harvard, who were preparing to do rehabilitation work in Europe when the war is over. Visits were arranged for them to see people who are doing outstanding work on food production, conservation and storage. One group attended the home demonstration committee's planning meeting.

VII. Red Cross

One of the biggest contributions made by Home Demonstration members was sewing for the Red Cross. The agent delivered out garments to home demonstration clubs and brought finished garments back to Red Cross headquarters. The home demonstration clubs have made 725 garments. The 4-H clubs have made 75 garments. A number of women who live near county seat have walked in and rolled bandages. Some who live too far to walk have hired a taxi and spent the day rolling bandages at the Red Cross room. Mrs. McDaniel and her sister, Miss Jones, members of Roanoke Road club, have spent over 800 hours at the Red Cross rooms in the past year. Another contribution to war effort that was county wide, was the canning information given by home demonstration club members to non-club members who had never canned before. In some cases this was given through meetings, but most of it was given at Churches, at stores and by telephone.

One home demonstration member asked agent for an additional copy of the canning bulletin to keep by the telephone, as so many people called for information on canning.