

ANNUAL NARRATIVE REPORT  
OF  
HOME DEMONSTRATION WORK CONDUCTED IN  
WESTMORELAND COUNTY  
VIRGINIA

December 1, 1945 - November 30, 1946

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III. Scope of Work

A. Home Demonstration Clubs:

Number 12 Membership 312.

Other groups sponsored by Home Demonstration Clubs:

White 3 Membership 35.  
Negro 0 Membership 0.

Other women reached by Home Demonstration Club members 250.

B. 4-H Clubs:

Number 3 Membership 73.

C. Older Youth Groups:

Number 0 Membership 0.

D. Number reached through special classes taught by Agent 205.

E. Number families reached through neighborhood and community leaders 1,200.

F. Estimated total number families reached 1,300.  
Number farm families in county 1,110.  
(1940 Census)

IV. Organization

A. County Home Demonstration Committee

There are twenty-eight members of the Westmoreland County Home Demonstration Committee. The County Home Demonstration Committee is composed of the Presidents of the twelve home demonstration clubs, one of these being selected by the group to serve as Chairman, the community women leaders of the County Agricultural Board, other key women in the county, and the Federation Goal Chairman.

The function of this committee is to promote Federation activities, to try to ascertain through surveys, home visits and fact-finding studies, the real social and economic conditions and needs of the county farm homes and to formulate a yearly

program that will most nearly meet these needs. The committee also assists in getting reports on year's accomplishments, and helps in measuring results.

In the early fall, a meeting of the committee was held to plan the program, month by month, for 1946. The program centered around production and conservation of food, the further study and practice of nutrition, conservation of clothing and household equipment, and assisting families in meeting the post war demands.

The program was outlined, month by month, as follows:

|           |                                                                                           |
|-----------|-------------------------------------------------------------------------------------------|
| December  | Suggestions for Christmas Gifts<br>Christmas Decorations for the Home                     |
| January   | Meal Planning to meet the Basic 7                                                         |
| February  | Consumer Education (Shopping Pitfalls)<br>New Household Equipment on Market               |
| March     | Short Cuts in House Cleaning<br>Yard Improvement<br>Plant and Shrub Exchange in each Club |
| April     | Good Grooming<br>Selection of Clothes                                                     |
| May       | Health and Safety in the Home                                                             |
| June      | Food Conservation (Canning)                                                               |
| July      | Renovating Old Lamps<br>Proper Lighting in the Home                                       |
| August    | Educational Tours to Demonstrations                                                       |
| September | Restyling Clothing                                                                        |
| October   | Arrangement of Furniture                                                                  |
| November  | Food Conservation<br>Canning and Curing Meat                                              |

Federation Goal - Rural Youth

The Home Demonstration Committee met again in the early spring. The purpose of this meeting was to discuss the development of the year's Program of Work, and to study the county and community conditions and needs.

The Committee sent two home demonstration club women to the State Federation meeting in Blacksburg.

#### B. County Agricultural Board

The County Agricultural Board is made up of a representative of the Vocational Agricultural Department, Home Economics, Public Welfare, the Key Banker, a representative of the P. and M., SCA, Farm Bureau, PSA, REA, the 4-H Club Agent, the Agricultural Agent, the Home Demonstration Agent, the colored Home Demonstration Agent, and the man chairman and woman co-chairman from each of the three outlined agricultural communities.

The county is divided into three agricultural communities which are subdivided into thirty-three neighborhoods, each neighborhood having a man and woman leader. There are two rather large neighborhoods, one of which has four leaders and the other five. In several of the neighborhoods with a larger number of colored population, there are colored county workers - a man and woman.

During the past year there have been held one county-wide meeting and three leader training meetings, one in each of the three agricultural communities, making a total of four leader training meetings for agricultural planning during the year.

#### C. County 4-H Council

The County 4-H Club Council is made up of the officers and leaders of each of the three organized clubs, with the Assistant County Agent, the County Agent, and the Home Demonstration Agent acting as advisors.

The Council has held four meetings during the past year.

The Council met in January and outlined its objectives for 1946. These objectives were:

1. 100% completion of record books
2. Participate in more contests

3. Banner to be given to best all-round club
4. Work up a program calendar for the coming year
5. Post program two weeks before meeting
6. To increase enrollment; each club double its members
7. Have two Council meetings; one in May, one at Westmoreland State Park with Council members acting as host and hostess to the other club members and parents
8. May meeting set aside to check all record books

The Council has been found to be very helpful in promoting and carrying out county and community club activities.

The Council reported the following accomplishments for the year:

125 4-H Club members and parents attended the meeting at Westmoreland State Park in August.

2 4-H Club members were made 4-H Club All-Stars.

88% completion of all 4-H Club projects.

22 Club members attended the Jamestown 4-H Club Camp.

Through a booth at the Northern Neck Fair, the Council earned \$175.00 for the 4-H Clubs in the county.

Approximately 78 members participated in county, State and National Contests.

One boy won a free trip to the National 4-H Club Congress, Chicago, Illinois, by being the State Winner of the Home and Market Garden and Truck Crop.

Two girls won twenty-five dollar War Bonds with their poultry and garden projects.

25% of the Club members made exhibits at the Northern Neck Fair.

#### D. U.S.D.A. Council

The U.S.D.A. Council is made up of one Vocational Instructor, one Home Economic Teacher, one colored Agricultural Instructor, the Public Welfare Worker, the Key Banker, representatives of the P. and M., SCS, PSA, REA, Farm Credit Administration, colored Supervisor, colored Home Demonstration Agent,

Assistant County Agent, Superintendent of Schools, the County Agricultural Agent and the County Home Demonstration Agent.

The County Agent acts as chairman and the Home Demonstration Agent as secretary.

This group has met eleven times during the past year for the purpose of mapping out programs, carrying out plans and coordinating all activities to the best interest of agriculture and the rural people.

#### V. Leadership

##### A. Adult Work

The twelve home demonstration clubs have twenty-four club officers; thirty-six project leaders or subject matter leaders; ten Federation Goal chairmen; and thirty-seven community and neighborhood leaders.

Sixteen training meetings were held for these leaders with an attendance of one hundred and sixty-five. The Specialists conducted ten training meetings and the Agent six training meetings. Six of these were all-day training meetings.

One hundred and fifty-two days were given by leaders in various types of work during the past year. The leaders gave one hundred and eight demonstrations and two hundred and four talks or discussions to adult groups during 1946.

The leaders took charge of two club meetings during 1946. They assisted the Agent in conducting Special Interest group demonstrations.

They contacted three thousand nine hundred and twenty individuals by home visits, telephones and letters.

They furnished information to Extension workers.

##### B. 4-H Club Work

There are three organized 4-H Clubs in the county with one hundred and forty-seven members enrolled, conducting one hundred and eighty-nine projects.

Two of the community Clubs have adult leaders while the other Club has older Club members for leaders.

There are six neighborhood groups of 4-H Club girls with an adult project leader for each group.

Eight training meetings were held for the adult project leaders. The Agent conducted the training meetings.

The leaders gave twenty-six demonstrations to 4-H Club girls. They have given eighteen days toward the development of 4-H Club work in the county.

The project leaders were chosen by the 4-H Club girls with the guidance of the Home Demonstration Agent.

The leaders gave twenty-eight talks or discussions to 4-H Club groups.

The sponsors attended four training meetings given by the Agent. The sponsors gave eight demonstrations and twelve days during the year. These training meetings were held for the Club officers with sixty-three attending.

VI. Results:

A. Home Demonstration Club

Project Work

1. Project work

a. Food

(1) Production - Gardening, Poultry,  
Small Fruits

The home demonstration club women entered whole-heartedly into the Production and Conservation Nutrition Program adopted again for the year's emphasis.

Each home demonstration club had a garden and poultry leader. Two leader training meetings were held by the Specialists. The Agent trained the leaders who were unable to attend the leader training meetings.

The garden leaders were made result demonstrators. They gave short, informative talks at each home demonstration club meeting. Much good planning was done on their part in the vegetable production work program such as, ascertaining amounts to plant without having waste, kinds and varieties best to use, when to plant, seed selection, and in making better provisions than

before for food from the garden the entire year.

Reports from two hundred and two women showed that one hundred and ninety had early gardens and one hundred fifty-four had fall gardens.

The poultry leaders have given short reports at each home demonstration meeting during the past year. They, too, were made result demonstrators. They have given fifty-five poultry culling demonstrations.

The Poultry Specialist and the Home Agent held one special leader training meeting. The purpose of this meeting was to teach the home demonstration women how to vaccinate chickens.

Reports from two hundred and two women showed that one hundred and sixty-two had a home poultry flock.

## (2) Conservation

Thirty-five demonstrations were given on canning, freezing, drying and storing during 1946. Fifteen demonstrations were on Home Canning of Fruits and Vegetables, and fifteen on Meat Canning. These demonstrations included Safety in Canning, Common Food Spoilages, and How to Recognize Them, Canning Equipment and the Methods of Canning.

The Assistant Food and Nutrition Specialist held a leader training meeting on Food Preservation in June. Thirteen leaders attended this meeting.

The leaders took the responsibility of reaching women who were unable to attend the demonstrations.

Reports from two hundred and two women showed that one-hundred and fifty used pressure cookers during 1946.

Reports from two hundred and two women for the year gave a total of 32,896 quarts of fruit, 35,522 quarts of vegetables and 12,132 quarts of meat and fish canned; 336 gallons of vegetables and 5,320 gallons of meat and fish brined; 494 pounds of fruit and 1,414 pounds of vegetables dried; 39,934 pounds of meat and fish cured; 32,894 pounds of fruit and 90,120 pounds of vegetables stored; 1,324 pounds of meat and fish frozen.

Twenty-four leaders and the Agent assisted three hundred and seventy-seven families in improving food supply by making changes in home production of vegetables and fruits; thirty-five families with home butchering of meat, meat cutting and curing; six hundred and forty families with food preservation problems; three hundred and seventy-five families in producing and preserving home food supply according to annual food supply budget; and three hundred and seventy-five families in canning according to a budget.

(3) Nutrition

Meal Planning to meet the Basic Seven was the subject for discussion and demonstration at eleven club meetings last year. A Basic Seven chart was prepared for each member. Stress was placed on the importance of each family trying to follow this National Meal Pattern of eating habits.

Fourteen leaders and the Agent assisted two hundred families with improvement of their diets.

Reports from two hundred and two showed that one hundred and ninety women had planned menus more carefully during 1946.

(4) Preparation and Selection

Each home demonstration club member pledged to try to follow the National Meal Pattern of eating habits day by day. A very definite result of the nutrition education has been the use of more fresh, raw foods and a greater variety of vegetables grown and used.

Reports from two hundred and two women for the year showed that fifty-two were using the pressure saucepan for food preparation, and one hundred and ninety were planning meals more carefully. Nineteen leaders and the Agent assisted thirty-five families with food preparation and two hundred in improving diets.

b. Clothing

(1) Consumer Problems

(a) Buying

Three hundred and twelve club women have stressed consumer education regarding the limited supply of material on the market and how to buy materials

available. Three hundred and fifteen families were assisted last year in using timely economic information to make buying decisions or other adjustments in family living.

Consumer information regarding clothing, supplies and quality to expect was given throughout the year at club meetings.

Two hundred and two women reported that they had given information about wise buying to two hundred and seventy-four families.

(b) Care

Fifteen families were assisted with storage of clothing problems last year. Two hundred and twenty families with the care of clothing problems were given help.

(c) War Production Limitations and Ceiling Prices

Consumer information regarding clothing, supplies on market, qualities on the market and labeling was given at seventeen club meetings during the year.

(2) Conservation

(a) Woolen garments

Reports from two hundred and two women showed they had stored and dry-cleaned eight hundred and ninety-five garments.

(b) Sewing Machine Clinics

The leaders and Agent conducted five sewing machine clinics during the year. Thirty-five sewing machines were cleaned and adjusted at these meetings.

The leaders have cleaned and adjusted one hundred and two sewing machines and have helped to clean and adjust sixty.

(3) Construction

(a) New Garments

Two hundred and forty-nine families were assisted with clothing construction, selecting of clothing and textiles and good grooming last year.

Two hundred and two women reported three thousand two hundred and forty-six new garments made at home

during the past year. They made three thousand and seventy-eight "feed bag" articles.

(b) Remodeling Clinics

Two hundred and two women made over or restyled nine hundred and sixty-eight garments.

"Restyling and Remodeling Clothes" was the subject for one month's club demonstrations. The leaders and Agent gave suggestions and helped to restyle one hundred and fifty-seven garments at these demonstrations. As a result of these demonstrations, one hundred and ninety-two families have been assisted with the renovation and remodeling of clothing.

Two hundred and two women restyled one hundred and fifty-seven hats during the past year. They helped to restyle one hundred and sixty-one hats.

c. House

(1) House Repair

Two hundred and two women reported having made one hundred and thirty-two improvements in their homes during the past year.

(2) Home Safety

Eleven home demonstration club meetings were held on "Health and Safety In The Home."

A check list of accident hazards in the home was given each club member. The club members removed three hundred and twelve accident hazards from their homes during the year. Two hundred and sixty-one families were assisted with health and safety in the home.

d. House Furnishings

(1) Conservation

(a) Woolens

Mimeographed instructions on how to clean and store woolen rugs and blankets were given to three hundred and twelve club members at club meetings during the year.

(b) Furniture and Furnishings

Sixty-three families were assisted with the

methods of repairing furniture.

Two hundred and fifty-three families were assisted with improving housekeeping methods.

One hundred and sixty-five families were assisted with improving arrangement of rooms.

Two repairing furniture clinics were held during the year. Seventeen pieces of furniture were repaired at these clinics.

Two hundred and two women reported two hundred and four pieces of furniture repaired during the year.

#### (c) Furniture Clinics

One chair seating clinic was held. Five chairs were reseatd. Fourteen chairs were flagged during the year.

Two hundred and two women refinished one hundred and sixty-two pieces of furniture.

Two refinishing furniture clinics were held. Nine pieces of furniture were refinished.

The club women antiqued and changed one hundred and thirty-four picture frames.

Four upholstering and tying spring clinics were held. As a result of these clinics the women have upholstered one hundred and six pieces of furniture and tied the springs in ninety-two pieces of furniture.

Two hundred and seventy-five families were assisted with renovating and repairing lamps during the year.

The leaders and Agent assisted two hundred and fifty-three families with improving housekeeping methods.

#### (2) Construction

##### (a) Furniture

Thirty-five old washstands were converted into canning equipment centers by the home demonstration women.

##### (b) Slip Covers

Two hundred and two women reported two hundred and twenty slip covers made. Seventy-five of these

were made of feed bags.

(c) Curtains, Draperies, Shades

Two hundred and two women reported seven hundred and ninety-two draperies and curtains made during the year. Three hundred and fifty-five of these draperies and curtains were made from printed and dyed feed bags.

(d) Storage Spaces

Fifty clothes and linen closets were made by club women last year.

Thirty women put shelves and rods in closets.

(e) Other

Thirty-five women made bedspreads from feed bags.

(3) Consumer Problems in House  
Furnishings

Fourteen leaders and the Agent assisted two hundred and fifty-three families with consumer problems in house furnishings such as construction features the buyer should look for, what the consumer should know about wood, and consumer responsibilities.

Thirty families were assisted with selecting house furnishings and equipment.

e. Home Management

(1) Household equipment

Assistance was given thirty families in selecting pieces of household equipment.

The leaders and Agent helped one hundred and fifty-two women with the repairing of electrical equipment such as lamp, iron and toaster cords and light sockets.

Two hundred and two women reported five hundred pieces of kitchen equipment bought during last year.

(2) Kitchen Arrangement

Twenty-seven families were assisted with rearranging or improving kitchens.

Forty-five members reported remodeling kitchens

or installing more conveniences, such as, running water with sink and improving or adding smaller kitchen cabinet equipment with preparation units.

(3) Storage

Seventy families improved kitchen and laundry storage spaces, such as, installing closets, building shelves, and making bread boxes.

(6) Time and Energy Management

The leaders helped forty-two families with time and energy management problems during the past year.

(7) Business Facts for Homemakers

Business facts for homemakers were presented to the club members at sixteen home demonstration club meetings last year.

(8) Home Laundry

Two hundred and two women reported one hundred and nineteen improvements made in home laundry last year.

(9) Consumer Problems

Twelve leaders and the Agent assisted three hundred and fifteen families with consumer problems last year.

Two hundred and two women reported having given information in regard to wise buying to two hundred and seventy-four families.

Outlook information on household appliances was given from time to time at club meetings.

(10) General Household Supplies

Twenty-two families were assisted with buying the right kind of equipment for kitchens.

2. Home Demonstration Club Activities

a. Federation Goal

Rural youth was chosen by the clubs as their Federation Goal for 1946.

The County Rural Youth Chairman and her committee

set up the following objectives for the clubs:

1. To work with young people in community, school and Church.
2. To secure adult volunteer leadership for 4-H Clubs.
3. To promote an active 4-H adult advisory committee.
4. To provide transportation for community socials.
5. To hold joint socials of home demonstration and 4-H Clubs.
6. To hold county-wide recreation meetings.

The Federation Goal Chairman in each of the twelve home demonstration clubs kept the members informed of the activities of the young people in the neighborhoods.

The Federation Goal Chairman worked with the 4-H Project Chairman in each of the twelve home demonstration clubs. Other than assisting the 4-H members with project work they helped with special programs such as Rural Life Sunday, Rally Days and picnics.

The Federation Goal Chairman worked with the Youth Conservation Chairman in the County Woman's Club. They sent a questionnaire to each child in the county from the fourth grade through high school. The purpose of this questionnaire was to find out what the boys and girls were doing, what they would like to do, how the adults could help them and their special interests.

#### b. County and Club Objectives

The home demonstration clubs set up the following county and club objectives for the year:

1. Have a representative at each home demonstration committee meeting.
2. Have leaders at each Leader-Training meeting.
3. Yard improvement demonstration in each club.
4. Clubs to take charge of one or more meetings.
5. 4-H Club leader in each home demonstration club.

6. Poultry-Garden leaders to be continued and become result demonstrators.
7. Have each member participate in Federation Goal activities.
8. Each club pay Federation dues.
9. Each home demonstration club member to have a physical check-up sometime during 1946.

Two hundred and twenty-eight women had physical check-ups.

All of these goals were carried out by each home demonstration club with the exception of number eight. Only ten clubs joined the Federation.

c. Community Projects or Programs

The home demonstration clubs had the following community projects or programs:

1. Yard improvement demonstrations.

Each neighborhood had one or more yard improvement demonstrations. The County Garden Club assisted the home demonstration clubs with this project. They gave plants and shrubs to all the women carrying on the demonstrations. These demonstrations are to be continued and more added for the next year.

2. Medicine chest or first aid kit in each home in the county.

About seventy-five per cent of the homes secured medicine chests or first aid kits. This project is to be continued.

3. The home demonstration clubs working with all the other organizations in the county held a county-wide meeting to secure a four-county Health Unit for the Northern Neck. As a result of this meeting, the Board of Supervisors made the appropriation for the Health Unit.
4. Special programs were carried on during National Home Demonstration Club Week.

d. Other Special Activities

One home demonstration club sponsored a Red Cross

Sewing Room. Other club members worked in the sewing rooms as much as possible. The home demonstration club members made two thousand four hundred and sixty-two articles for the Red Cross.

Other special activities included club picnics, assisting with Cancer Control Drive and Red Cross Drives.

3. Brief Account of Year's Work of One Outstanding Club

The Mt. Holly Home Demonstration Club has been organized for three years. There are twenty members in this club.

They have accomplished the following things:

Each club member had spring and fall gardens.

12,670 quarts of fruit, juices and vegetables were canned; 439 pounds dried; 965 bushels of fruits and vegetables were stored.

Twenty members did at least two things to improve their home, such as, painting, repairing, papering, screening windows and doors, yard improvement, installing lights and water.

At least two project leaders have attended all project leader-training meetings. They have given thirty demonstrations; six result demonstrations.

The project leaders and officers have done splendid work in planning and carrying out club programs, giving demonstrations and making reports of their accomplishments.

The club sponsored a Red Cross Sewing Room. They made seven hundred and eighty garments.

Each member had a physical check-up during the year.

All members planned meals more carefully.

The twenty members made one thousand nine hundred and twenty new garments and made-over or restyled four hundred and three garments. They made one thousand and six articles from feed bags.

They restyled forty hats and helped to restyle twelve.

Other work they have done included help with Cancer Drive, visited the sick, Church work, and P.T.A. work.

4. An Account of Outstanding Work of A Home Demonstration Club Member

One home demonstration club member lives in a large farm home. She has three children. She is President of her local home demonstration club and does a grand job conducting home demonstration club meetings. She also takes an active part in many other organizations in the county.

She had a spring and fall garden. Last year she canned four hundred and sixty-five quarts of fruit, two hundred and forty-eight quarts of vegetables and one hundred cans of meat. She cured one hundred and fifty pounds of meat and stored one hundred pounds of vegetables.

She gave information to five families in regard to wise buying.

She cleaned and adjusted six sewing machines.

She made thirty-one new garments, restyled six and made fifteen feed bag articles.

She refinished two pieces of furniture, made three slip covers, upholstered six pieces of furniture, repaired one piece of furniture and made four pairs of draperies. She painted the woodwork in four rooms, screened a large porch and refinished one floor.

She is Chairman of the Ways and Means Committee in the Home Demonstration Committee.

B. 4-H Clubs

1. Project Work

a. Bread

Twenty girls carried the bread making project. Eighteen girls completed the project. Four adult leaders helped the girls with this project. The Agent trained the leaders. Three junior project leaders also helped with this project. The adult and junior leaders gave five demonstrations. The girls made exhibits at the Northern Neck Fair.

The girls prepared bread one thousand and forty-nine times. Bread was judged at five meetings.

One girl was awarded a Foley Fork and one girl a Foley Sifter for outstanding work done in the Foley Bread Making Contest.

b. Food Preparation

Nineteen girls carried the Food Preparation project. Eighteen girls completed the project.

Four adult and three junior project leaders helped the girls with this project. The Agent trained the leaders. They gave four demonstrations.

The girls prepared one thousand and thirty-one dishes.

Two gold medals and one silver medal were awarded to three girls for their outstanding work in this project.

c. Canning

Four girls carried the Canning project. Four girls completed the project. One adult and one junior project leader helped with this project. They gave two demonstrations. The Agent trained the leaders.

The girls showed six people how to can.

The members alone canned seven hundred and two cans and helped to can one thousand eight hundred and thirty-seven cans.

The four members made a complete canning plan for their family.

One girl was awarded a Foley Food Mill for her outstanding work in the canning project.

e. Poultry

One girl carried the Poultry project. She completed the project, entered the State Contest, and won a \$25.00 War Bond for her outstanding work. She had one hundred and eighty-four chickens and realized a profit of \$91.75.

f. Gardening

Five members carried the Garden project. Four members completed the project. One girl entered the State Contest and won a \$25.00 War Bond for her outstanding work done in the project. She realized

a total profit of \$405.05.

A medal was awarded to one other girl.

#### 1. Housekeeping

Thirty-two girls carried the Housekeeping project and thirty-two completed the project.

Twenty-three members cared for their own room daily for three months, three girls for six months, and six girls for six months.

The number of members who did these housekeeping jobs at least two months: mended linens-5; set table-28; cleaned lamps-18; washed dishes-31; cared for garbage-14; brought in fuel 14.

The number of girls who did the following things to make housekeeping easier: lengthened a pair of sheets-9; made a set of table mats-12; made and equipped a tool box-4; put screw eyes in broom and mop-10; provided a place to hang them-10.

Twenty-four members rearranged their room for easier care.

The number of members who: remodeled furniture-8; number of pieces-13; renovated curtains-8; number pairs-11; renovated pictures-12; other furnishings 2.

#### m. Clothing Care

Eighteen girls carried the Clothing project. Eighteen girls completed the project.

Eight girls made twenty-four new garments at a total cost of \$47.95.

Four girls remodeled five garments at a total cost of \$4.25.

Thirteen girls darned seventy-one garments. Ten girls patched eighty-nine garments.

Nine girls dry-cleaned forty-one garments. Twelve girls washed and blocked twelve sweaters. Twelve girls stored summer things in the fall.

Twelve girls completed the sewing kits. Eight girls kept and reported on accounts for six months. Amount spent by this group on: outer garments-\$105.50; undergarments-\$48.50; shoes-\$73.36; hose \$16.44; accessories-\$33.00; care and repair-\$19.00; personal care-\$17.79. Total spent \$313.59.

## 2. Health

The 4-H Club health program was correlated with the club program throughout the year. The serving of hot lunches in the school has promoted more widely the eating of the right kind of food by the boys and girls.

## 3. Community Activities of the Clubs

The 4-H Club members have taken an active part in the American Junior Red Cross.

They have enjoyed some parties and picnics.

The 4-H members sold poppies for the Veterans of Foreign Wars on Armistice Day.

They conducted Rural Life Sunday programs throughout the county.

## 4. Brief Account of Work of One Club

The Wakefield 4-H Club has forty-one members. These forty-one members carried sixty projects. They had 100% completion of projects.

Six members attended the Jamestown 4-H Club Camp.

They participated in a Rally given at Westmoreland State Park.

Two members became 4-H Club All-Stars last year.

One girl won a \$25.00 War Bond for outstanding work done in her poultry project.

The Club gave a broadcast over WRNL radio station, Richmond, Virginia.

They made exhibits at the Northern Neck Fair.

They helped earn money for the County 4-H Council.

## p. Other Work Done by Home Demonstration Agent

### 1. County Home Economics Workers

The Home Agent has served as Chairman of the County Home Economists.

The Home Economics Workers and the Home Agent have worked together in testing pressure cooker gauges. One hundred and fifteen gauges have been tested.

The Agent has given the following demonstrations to the Home Economic girls:

Upholstering, repairing springs in sofa cushions, cleaning and adjusting sewing machines and meat-canning.

## 2. County Nutrition Committees

The Agent has worked with the nutrition committee in trying to reach as many farm families as possible with information on better food for better health.

## 3. County Housing Problems

The Agent has worked with several families to set up plans for building farm homes.

## 4. Salvage Committee

The Agent has served on the salvage committee. She and the home demonstration clubs continue to salvage fat.

## 5. Rural Electrification Program

The Home Agent and the County Agent held joint meetings on correct wiring for the home with people who were getting electric lines in the neighborhoods.

The home demonstration clubs devoted one month to the study of wiring the home and correct lighting for the home.

## 6. School Lunch Program

The Agent has cooperated with the Home Economic teachers in planning menus for hot lunches. She also helped one Home Economic teacher to plan the set up for a hot lunchroom.

## 7. Red Cross

The Agent is county nutrition chairman for the Red Cross. This work is coordinated with the home demonstration program.

The Agent is also district chairman of the Junior Red Cross.

One home demonstration club is running a Red Cross Sewing Room. The Agent advises the women from time to time. She helps the leaders to keep the sewing machines in the sewing rooms in working order.

### 8. Clothing, Food Collection

The home demonstration clubs and the Agent have collected clothing and food throughout the county.

### 9. Other

The Agent is a member of the Woman's Club. She assists with promoting the program whenever possible.

She writes news articles for the two local weekly papers.

She is a member of the P.T.A. and helps in every way possible.

## VII. An Appraisal of the Most Significant Contribution to the County in the Home Demonstration Program This Year.

Several contributions to the county by the Home Demonstration Program were of significance this year. First, among these, perhaps, were the home demonstration organizations themselves, reaching practically all sections of the county with their organization and leadership.

They received, made use of and passed on to others intelligently, information of vital concern to the county's welfare.

Cooperating and working with all other agencies in all programs and activities have been major contributions.

They helped to put on a county-wide meeting to secure a County Health Unit. As a result of this meeting, an appropriation was made for a Health Unit.

Many people have taken out hospitalization as a result of the health meetings that the home demonstration clubs have conducted.

The home demonstration club women and the Agent realize more and more each day that through the home demonstration club program they can build more fruitful lives and better living for the American people.