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VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

ALLEGHANY

COUNTY

1949

Agent MRS. LOIS K. HAMLETT - December 1, 1948 - Nov. 30, 1949.

Date worked from to

Assistant Agent _____

Date worked from to

Agent _____

Date worked from to

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I I I. SUMMARY OF ACCOMPLISHMENTS

During the year 1949, three (3) new Home Demonstration Clubs were organized at Morris Hill, South Covington and Parish Court. These clubs have a combined membership of 40.

An accomplishment which we are very proud of is that a total of 47 demonstrations were given by project leaders for Home Demonstrations Clubs with an attendance of 596. This is a large increase over last year's 26 demonstrations given with an attendance of 253.

Twenty-six 4-H Club meetings were held by leaders with an attendance of 461 in comparison with nine (9) meetings held last year with an attendance of 85.

Achievement Day was held in a new and different way this past year. A Tea and Fashion Show was held for club members and their friends. The Fashion Show was presented by one of the local Department Stores and the Home Demonstration Committee arranged the Tea. The ladies were very enthusiastic about this form of Achievement Day. They enjoyed it very much.

The outstanding demonstrations according to work done were Tufted Bedspreads, Stenciling Trays and Foods Demonstration. Approximately 50 bedspreads have been made and several people are still ordering them. Approximately 52 Trays have already been done and we have not finished this demonstration yet. A large number mentioned this demonstration on their

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individual reports.

A group of several Foods Demonstrations were well received by the club members, especially the Meat Extenders and Substitutes.

IV. ADULT

A. Project Work

1. Foods

a. Meat Extenders and Substitutes -

This demonstration was planned to help homemakers learn new methods of stretching meat and still give their families the food value they need.

Two meat extenders were demonstrated and were served for lunch to the Club members. A very excellent Bulletin of Recipes was given to the members. One hundred sixty-eight members have used the meat substitute recipes.

The demonstration, The Packed Lunch was planned to help homemakers get variety into the packed lunch and needed food value by the use of ordinary foods, such as cheese. In each club six to nine different sandwich spreads were made from cheese and were served along with a drink for refreshments. The use of a sturdy metal lunch box was recommended and one used since 1921 was used to illustrate the wisdom of this practice.

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Yeast Breads and Judging was a demonstration enjoyed by many. It was felt that the quality of the yeast breads made be improved and that women needed to know good bread from bad. Rolls of several shapes were made at each Club meeting also Sally Lunn. Sally Lunn was quite popular.

One hundred fifty-one (151) women reported making better yeast breads as a result of this demonstration.

Christmas Sweets were made at the Christmas parties and were served with refreshments. A lovely Christmas tree cake, Gingerbread boys and frosted Christmas Star were demonstrated. These were planned to give new ideas for Christmas Sweets. Recipe sheets were given those attending the club meetings. Ninety-six (96) women reported using the new suggestions.

The remaining foods demonstration was Jelly Making. This was included in the program because it was felt that many homemakers, especially young ones, did not know how to make jelly and that the quality of the jelly being made should be improved. Jelly was made at each club meeting from whatever fruits was available, at the time. An exhibit of several different kinds of jelly was taken to the meetings and judged. Approximately 4,225 lbs of jelly were reported made by club women.

2. House Furnishings

The most popular demonstration up to this point has been Stenciling Trays. This was planned because a great deal of

interest was shown in the artistic handicraft work done previously. Club members received written instructions on how to prepare their tray for sterilizing and brought their trays ready. Bronze powders were used for the designs. The women liked the demonstration and about fifty-two (52) trays were done at the first meetings. Another meeting will follow at which more than twice this number are expected to be done.

Tufting Bedspreads was a demonstration from which good results were obtained. Approximately fifty (50) bedspreads have been made or started and Club members and their friends are still ordering them. This demonstration was planned to give women a chance to learn to do with their hands something worthwhile, and to save money on bedspread buying.

Another demonstration along this line was Storage of Clothing and Personal Belongings. This was planned because many of the club members expressed a desire for help in storage problems, because of a lack of adequate storage space.

An exhibit of a dresser drawer fitted into sections to suit individual needs, a shoe rack and pattern bag was made by Club leaders and an illustrated talk on other storage possibilities was made. Ninety-nine (99) women reported improvements in their storage.

3. Home Making

Art in Daily Living, The Federation Goal for the past year, was the topic for one whole club meeting. A variety program was held with Music, Art, Poetry, and discussion of

art principals in furnishings. This goal was discussed and tied in with all other programs for the year. Goal Chairmen gave special reports and demonstrations at many club meetings during the year. Practically all (185) Club members reported gaining something from Art in Daily Living to make their life more interesting.

4. Clothing

New Tricks in Sewing was the demonstration for one month. This was included at the request of club women who felt that they needed to catch up on some new things which would help make the necessary job of sewing easier and more quickly done. With the help of the local Singer Sewing Machine Center an exhibit was arranged showing all new equipment and gadgets which are on the market. Helpful hints were explained also. One hundred thirty-two women reported that they received help from this meeting. A total of approximately 2,784 new garments were made, and 1,014 garments were remodeled.

5. Landscaping

The topic Lawns, Walks and Driveways was discussed at one club meeting because there were a good many club women who felt that they needed help along this line. A result demonstration was started at the scene of the club meetings. The plan was made at the club meeting for improvements to be made and a future meeting is planned to see the results of carrying out some phases of the plan. One hundred -sixteen

members reported improving their lawn, walks or driveway.

B. Other Activities

1. Federation Goal, Art in Daily Living.

One program during the past year was devoted exclusively to the Goal. A varied program was conducted consisting of music, art, poetry, discussion of art principals in relation to house furnishing and other things. Good music was discussed, some groups sang, others listened to good recordings. Good pictures were shown and it was pointed out that the pictures on the wall of rooms have a marked effect on the family living in the room. Poetry of home life was read, and something about the authors was given.

Aside from the special program on Art in Daily Living, Club Goal Chairmen gave reports at regular club meetings frequently. They took five to ten minutes at the close of the business meeting to take up such things as, the use of good pictures in a child's room, teaching family members to enjoy good music, discussion of a song and its author, reading some poetry pertinent to the lives of homemakers, flower arrangements, herbs, and many others. All but a very few club members reported that they had gained much from the club meetings, and Federation Goal to make their lives more interesting.

2. The Selina Home Demonstration Club - held a Community Sing in the Clifton Forge High School Auditorium in the interest of the March -of- Dimes. They invited all surrounding church choirs and choral groups, as well as individuals to present special numbers. The group singing was led by a popular local singer and a Master of Ceremonies kept things moving. The collection taken amounted to \$300.00 which was all turned over to the Polio Fund.

3. Rat Control Program

A county-wide meeting started off the Rat Control Campaign. Poison was ordered and distributed to stores in various communities in the county. The merchants were glad to cooperate by selling the poison without any profit. The poison was put out on a certain night and was taken up the next morning. There was not 100% cooperation in campaign but all who put out poison were well pleased with the results obtained.

4. Donations of Scholarship Money for 4-H Clubs.

One hundred twenty-five dollars (\$125.00) was donated by Home Demonstration Clubs to be used for scholarships for 4-H members for County Camp and State Short Course. This money went to outstanding club members, both boys and girls.

5. County Fair

Ten Home Demonstration Clubs set up educational booths in the exhibit tent at the Alleghany County Fair. The topics for these booths were taken from the list of club programs had programs had during the year. These booths helped advertise the work done by Home Demonstration Clubs.

V. A - H CLUB

A. -Project Work

1. Looking Your Best

Recommended demonstrations were given on: Care of Your Feet and Shoes, in which a shoeshining kit was exhibited; Hand Care in which cleaning, shaping nails, lotions, home manicures were discussed; Care of Your Hair - brushing, shampoo, styles suited to various faces and hair textures; Care of Your Skin - what to eat, sleep, exercise, deodorize; Quick Repairs - the emergency kit, sewing on a button or snap; Put in that hem; Your Posture and Voice, Your Smile - Care of teeth. Out of fifty-four (54) members enrolled in this project, fifty (50) completed. A total of 309 units were completed.

2. So You'd Like To Sew

In this project were mainly younger girls. The following demonstrations were given: Wrist Pin Cushion - each child made a pin cushion; Headscarf; Handkerchief;

Apron; Towel; Broomstick skirt; Equip a sewing box. Out
244 girls taking the project, 217 completed. A
total of 714 articles were made.

3. Bread Making

Only a few Club members in out-of-school clubs
carried this project. Demonstrations given were: Biscuits;
Muffins; Waffles; Griddle Cakes; Corn Muffins; Batter Bread;
Corn Meal Waffles; Cinnamon Rolls. Out of nine (9) girls
taking this project nine (9) completed it. A total of
335 units were made by the girls.

4. Food Preparation and Service

Four club girls carried this project. Demonstrations
were: Measuring Rules; Meal Planning; Setting the Table;
Making Cake and Cookies; Preparing Breakfast; Tasty Packed
Lunches; Preparing Vegetables; Salads for Pep; Table Rules.
All four (4) girls taking this project completed it. A total of
318 units of this project were completed.

5. Clothing Construction

Nine girls carried this project. Demonstrations
given were: Styles and Colors Suited to the Girl; Use of a
Pattern; Cutting out a Garment; Fitting the Garment; Finishes;

Exhibit of Garment. Of the nine (9) girls taking this project, nine (9) completed. A total of 32 garments were made at a total cost of \$46.50. Seven garments were remodeled at a total cost of \$5.85.

B. Other Activities

1. The Morris Hill 4-H Club has been working on a project of raising money to build a Community House. They have held Bingo parties for club members and parents, Ice cream suppers and other dinners. They have made approximately \$150.00.

2. County 4-H Club Camp was held at Camp Bethel. Twelve girls and one leader attended.

3. Achievement Day - Approximately 375 people attended the annual 4-H Club Achievement Day. Each club presented a stunt to entertain the group and each club gave a report of their year's work.

V I. OLDER YOUTH

There are no older youth organizations in this county.

VII. SCOPE OF WORK

	1948	1949
Number Home Demonstration Clubs	11	13
Membership	290	190
Number 4-H Clubs	16	16
Membership	390	320
Number Older Youth Group	—	—
Membership	—	—

Number other Families Reached 1948 (905) 1949 (500)

Total Number Families Reached 1948 (835) 1949 (900)

VIII. Statement as to How the Organizations Functioned in

1949 Program.

1. County Board of Agriculture

This board was available to relay information or to contact people had the occasion occurred.

2. County Home Demonstration Committee

This group met and planned the program for Home Demonstration Clubs for the year. They met also to check on the progress of the program, to elect officers and to plan Achievement Day. This Achievement Day was held in the form of a Fashion Show and Tea. The Committee also had

yearbooks printed for each member of an Home Demonstration Club.

3. County 4 - H Council

Had charge of Achievement Day Program.

4. County 4-H Honor Club

Gave recognition to Older 4-H Club boys and girls for outstanding 4-H Club work and leadership, Gave recreation training to each member.

5. County Chapter of 4-H All - Stars

Provided leadership for two (2) 4-H Clubs. Revived a scholarship fund for the purpose of sending 4-H club members to State Short Course. Recommended one (1) girl to be made an All-Star at the State Short Course. The group has held several social meetings and invited their families. They also helped with 4-H Achievement Day.

I X. Activities of Volunteer Leaders, Adult and Junior, Subject Matter and Organizational

Volunteer leaders have given many more demonstrations and have conducted more meetings in the absence of the Agent than last year, both adult and junior. The quality of the leadership has been good and the attendance at leader training meetings has been good. Very few

demonstrations were given by the Agent when leaders were trained by a specialist for a demonstration.

Growth of Home Demonstration Club Project Leadership	1948	1949
Number Project Leaders and Goal Chairmen	29	39
Number Training Meetings held by Specialist	4	2
by Agent	—	—
Attendance at All Training Meetings	51	28
Number Club Meetings held by Leaders without Agent present	26	47
Number Club Meetings at which Leaders assisted	—	18

Growth of 4-H Club Project Leadership	1948	1949
Number Adult Project Leaders	9	11
Number Junior Project Leaders	11	33
Number Training Meetings Held by Specialist	—	—
by Agent	1	1
Attendance at Leader Training Meetings	9	3
Number 4-H Leaders Trained Individually	9	11
Number Club Meetings held by Leaders without Agent present	9	26
Number Club Meetings at which Leaders Assisted	12	75
Number Demonstrations given by Leaders by Adults	9	35
by Juniors	11	66

X. Significance of The Year's Work

Club members this year, I am sure, learned how to use some of their creative talents. Proof of this, and the fact that they enjoyed it, is that they have asked for more.

It could be estimated that \$750.00 worth of tufted bedspreads have already been made at a cost of only \$250.00. Another possible estimate would be that trays valuing up to \$300.00 have been made from old ones which had been cast aside or from cheap bought in the dime stores.

Aside from the monetary value of work done the past year is the value gained by Club members in richer, more interesting every day lives. Little things were brought to the attention of homemakers which helped them to enjoy "common tasks well done."

The health and well-being of the Club members' families safe-guarded to some extent by the help given along the foods and nutrition line. It is felt that more varied, appetizing meals aid in getting each family member to eat nutritious food every day.

Time for rest and leisure were saved with the use of short cuts and new tricks not only in sewing, but in other household jobs.

The Home Demonstration Club rolls were completely revised and only active members included. This cut down the number of club members, even with the addition of three (3) new clubs and the subtraction of one. There is an average of fifteen (15) members per Home Demonstration Club with an average monthly attendance of eleven (11), compared to an average of twenty-seven (27) members per club last year with an average attendance of eight (8).

Total attendance last year (1065)

Total attendance this year (1439)