

VIRGINIA

ROANOKE COUNTY

HOME DEM. AGENT ANNUAL REPORT

1933

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ANNUAL NARRATIVE REPORT
OF
HOME DEMONSTRATION WORK
IN
ROANOKE COUNTY
VIRGINIA

1953

Jesse M. Hammerly
Home Demonstration Agent

December 1, 1952 -----November 30, 1953

HOME DEMONSTRATION AGENT ANNUAL REPORT

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III. PERSONAL REPORT SUMMARY:

Days in Field - - - - -	234
Days in Office - - - - -	52
Days Annual Leave - - - - -	14
Days Sick Leave - - - - -	6
Legal Holidays Taken - - - - -	6
Number Farm or Home Visits (Adults) - - - - -	668
Total Number Different Farms or Homes Visited - - - - -	372
Office Calls - - - - -	165
Telephone Calls - - - - -	349
Number News Articles or Stories Prepared - - - - -	250
Number Individual Letters Written - - - - -	1263
Number Different Circular Letters Prepared - - - - -	14
Number Bulletins Distributed - - - - -	1451
Miles Traveled in Discharge of Duties - - - - -	13254

IV. STATUS OF COUNTY EXTENSION ORGANIZATION

1. Roanoke County Public School Board and Board of Supervisors:

The funds for the services of the County Home Demonstration Agent are budgeted annually by the County School Board and approved by the County Board of Supervisors. This is turned over by this Board to the County School Board, which in turn pays out this appropriation to the Home Demonstration Agent in twelve monthly installments.

2. (a) Home Demonstration Council

(1) The County Advisory Board proper for Home Demonstration Work is composed of three influential women chosen from each of the four magisterial districts of the county. The appointment of these members is made by the County School Board and the County Board of Supervisors. The presidents of all Home Demonstration Clubs, the president of the 4-H Club Leaders' Organization, the president of the All-Star organization, the president of the 4-H Club County Council meet with the Board as associate members but do not have the privilege of serving as an officer. The membership is twenty-two. The Board has two regular meetings a year - a spring meeting and a fall meeting - but with the privilege of a call meeting if approved by the Home Demonstration Agent and president of the Advisory Board. At the fall meeting of this Board held for the selection and planning of the Home Demonstration Program of Work for the coming year the leaders of the Home Demonstration Clubs attend to help with this selection. The Board has been made a standing committee of the Roanoke County Woman's Club to further promote the work. This committee is responsible each year for one of the monthly programs of the Club - this program is planned along the lines of the Extension work of the year that the club women may understand the work being conducted. A number of the Council members are members of the Home Demonstration Clubs. It is the duty of this Board to further promote and advance Home Demonstration work throughout the county, to further support the Home Demonstration Agent in work in the county, and to assist her at all times.

(b) 4-H Club Council

(1) The 4-H Club Council is composed of all the officers of each 4-H Club in the county. This council is for the purpose of training officers in their several duties according to parliamentary procedure; training for club recreation; making the county program of work; setting up goals for club work; and for the purpose of selecting project work for the clubs. There are two regular meetings a year with the privilege of call meetings if deemed necessary by the Home Demonstration Agent. The officers of this council are: president, vice-president, secretary-treasurer, and reporter. Since there are twenty-two clubs in the county, each having a corps of five officers, the combined membership is one hundred ten.

3. It is the further duty of the 4-H Club County Council to preside over and conduct all county meetings such as rallies, Short Courses, Achievement Days, etc. - to work in conjunction with and to further club work among the clubs in the county. The president of the Council is an associate member of the Home Demonstration Council which sponsors 4-H Club work. It is the duty of the Council to work with and support the Home Demonstration Agent in all phases of club work.

4. All-Star Unit

The All-Star Unit was organized in November 1931 for several reasons. The All-Stars of the county felt that they should be better acquainted and be a greater support to club work if organized and meeting regularly. This organization serves as a Junior Advisory Board for the County Council for the furtherance and promotion of club work. The president of the unit is an associate member of the Senior Advisory Board. The association works closely with the Home Demonstration Agent to advance club work. All the All-Stars in the county are members. The members enrolled are eleven.

5. 4-H Club Leaders Organization

The 4-H Club Leaders Organization was organized to work in conjunction with the other organized units to advance club work, to strengthen and systematize the leaders' own work and to set up county standards and regulations for club work that their own club work be strengthened. This unit is composed of all the 4-H Club leaders in the county, conducted according to parliamentary procedure. The membership is twenty-two. This organization conducts a short meeting at every Leaders Project Meeting, of which there are four a year. The president of the unit is an associate member of the Senior Advisory Board. The associate membership of all units is the connecting link between Home Demonstration work and 4-H Club work.

6. Other Organizations Cooperating with County Extension Work

(a) The Roanoke County Woman's Club was organized for the expressed purpose of supporting county rural affairs and for having a center of community interest. The club has been of service and influence in supporting Extension Work in the county. The Clubhouse is open free of charge to the Home Demonstration Agent to hold meetings. The Agent has taken full advantage of this privilege. Nine members of the Home Demonstration Advisory Board are members of the Club. These members form the Home Demonstration Circle of the club.

(b) The Junior Roanoke County Woman's Club, a sister organization to the Senior, of which one of the County All-Stars is president, is planning to definitely support and to work for 4-H Club work. Definite plans for this will be worked out during the coming year. One meeting to arouse and awaken interest has already been held with a 4-H Club program, part of which was a talk by the Virginia State Girls' Club Agent giving the purpose and aim of 4-H Club work.

(c) Splendid cooperation has been given club work by the Red Cross, Health Workers, Welfare Worker, Community League and Parent-Teacher Associations. The help and cooperation of the County School Superintendent, the School Board and the county corps of teachers is much to be praised. Each has given hearty support. There are a number of other organizations in the county which cooperate effectively with the Home Demonstration Agent in county extension work.

(a) Index to Map(1) Home Demonstration Clubs

	<u>Name</u>	<u>Enrollment</u>	<u>Regular Meetings</u>
1.	Cave Spring	20	12
2.	Bonsack Road	29	12
3.	Dundee	16	12
4.	Hanging Rock	15	12
5.	Oak Grove	26	12
6.	Oakland	24	12
7.	Pleasant View	26	12
	Total	<u>188</u>	

(2) 4-H Clubs

1.	Back Creek	25	12
2.	Bend	18	12
3.	Bent Mountain	32	12
4.	Bonsack	18	12
5.	Brookhill	20	12
6.	Catasba	28	12
7.	Clearbrook	18	12
8.	Fort Lewis	25	12
9.	Garden City	48	12
10.	Hollins	10	12
11.	Mt. Pleasant	40	12
12.	Mt. View	20	12
13.	Mt. Vernon	10	12
14.	Oakland	25	12
15.	Oak Grove	11	12
16.	Pleasant View	10	12
17.	Rivordale	35	12
18.	Starkey	32	12
19.	Tinker Creek	25	12
20.	Vinton	22	12
21.	Washington Heights	32	12
22.	Junior Homemakers	<u>14</u>	6
	TOTAL	<u>508</u>	

2. Women's Work

(a) Advisory Board

The Home Demonstration Advisory Council is composed of three representative women of each of the four magisterial districts of the county, with associate members (presidents) from the Home Demonstration Clubs, 4-H Leaders Organization, the All-Star Unit and the Junior Council. The particular duties of this Board other than those stated previously are for the Board members to serve as assistants and advisors to the Home Demonstration Agent in regard to Extension Work; to help in the organization of this work; to secure leaders for both Senior and Junior Clubs; to work actively in county campaigns, such as rallies, picnics, contests; to raise money to help pay for prizes which the Board sponsors in club work or to secure prizes for the same; to make arrangements for exhibits and trips. It is also the responsibility of this to secure the appropriation of funds necessary for the continuation of Extension Work in the county, to promote and extend club work whenever and wherever possible. The Board has had three meetings this year. One meeting was held in March to plan contests and county-wide campaigns and to make out a program of work for Home Demonstration Clubs, and to also decide what part of 4-H Club work the Board would sponsor during the year. At the second meeting held in May plans were made for 4-H Club Rally Day and both Junior and Senior Achievement Programs. At this meeting, too, a suggested constitution for the Board was drawn up to be presented for adoption at the next meeting. A set of by-laws for the Home Demonstration Clubs were also drawn up to be presented for adoption. The third meeting was held in October. At this time both the constitution for the Advisory Board and the by-laws for the Home Demonstration Clubs were presented and adopted. This was the first meeting which the associate members attended. Plans for the Achievement Program for women were discussed and a committee appointed to develop them further. At this time the selection and planning of Home Demonstration work for 1934 was carried on.

There is no particular outstanding work which the Board has done this year with perhaps the exception of reorganizing, bringing in associate members and adopting a constitution to strengthen the unit for work in 1934, serving a dinner to the Roanoke-Vinton Lions Club to raise money to pay for sending county winners of contests to the State Short Course to represent the county in the State Contest. Twenty dollars and ninety-three cents was cleared. Individual members have done exceptional work in their communities to promote club work.

The program of work for 1933 was selected by the Advisory Board at the regular planning meeting with the District Home Demonstration Agent and the County Home Demonstration Agent assisting.

The program of work was adopted by the Board as a natural outgrowth and follow-up of our "Live at Home" Program as planned during the "Depression" and also that there be some practical and economical work around the home for the unemployed members to do and to give cheerfulness, comfort, more convenience and efficiency. The success of this work for helping the restlessness and pessimism of those unemployed will be shown in the "Garden Demonstration" story that will be given later. The entire program was planned as one to be of benefit to each and everyone, if not practical to be used at the time; that the ideas and suggestions could be applied at the time when such a necessity should arrive.

No particular contest in the major subject was planned for it was not deemed practical at the time because of unemployment. But two lines of thought for a county-wide campaign were planned - (1) to improve back yards, this in connection with the major project and (2) that standard measurements for foods be used to stress the minor project work. In Roanoke County there are approximately 6402 homemakers - of these 155 women are members of Home Demonstration Clubs and participated in this program of work. Through their efforts to serve and to help these not members enabled the Home Demonstration Agent to influence both directly and indirectly at least 3380 people. For example, one club member, though she had no back yard of her own, influenced three neighbors to improve their back yards.

3. Outline of Program of Work

A. (a) Home Management-stressing the kitchen as a major project - Demonstrations:

- (1) Attractive kitchens - stressing surface treatments, furniture, windows, color and the rest corner.
- (2) The Healthful Kitchen - stressing lighting, ventilation, working heights, screening, water supply and disposal.
- (3) The Step-Saving Kitchen - stressing arrangement in connection with kitchen units and other parts of the home.
- (4) Storage Units for Supplies and Equipment - stressing proper disposal and placement of equipment and supplies.
- (5) Selection of Kitchen Equipment - stressing cost, care, durability and convenience.
- (6) The Back Door Yard - stressing the kitchen porch and that area reached through the kitchen.

(b) Food Preparation - The Minor Project

Demonstrations:

- (1) The making and uses of Cottage Cheese.
- (2) Breads from whole wheat flour.
- (3) New ways of serving eggs.
- (4) Pickle making.
- (5) New ways of using apples.
- (6) Beverages - the proper way of making.

The minor project was selected as a follow-up of the minor work that the mothers might keep in touch with their children's club work on "Foods for Health" as well as a follow-up of the Live at Home Program.

(c) Miscellaneous:

- (1) Christmas Gifts
- (2) The Making of Stirred Curd Cheese

(d) Community Work:

- (1) Helping a needy family
- (2) Beautifying home surroundings, community and roadsides as a follow-up of the Federation of Garden Club Plans.

(e) County-wide Campaign:

- (1) Live at Home
- (2) Improve the Back Yard
- (3) Use standard measurements in Food Preparation

B. Enrollment for the Past Two Years

<u>Year</u>	<u>Members</u>
1931	135
1932	145
1933	155

C. Project Activities and ResultsI. Foods -Preparation - Preservation - Nutrition:

Our minor project in Roanoke County was Food Preparation. All seven Home Demonstration Clubs of 155 members carried on this minor through the year. Of these members 114 completed the work. Six demonstrations on this subject have been given each club and one public demonstration on "Making Stirred Curd Cheese." This demonstration was given by Professor N.D.Saunders, State Cheese Specialist from V.P.I. As a result of this demonstration 75 lbs. of cheese have been made in the county. One demonstration on Foods was given by leaders, while the Home Demonstration Agent was present and observing, eight were given by leaders during the absence of the Home Demonstration Agent, the leaders assisted in giving fifteen food demonstrations, leaving eighteen such demonstrations which the Home Demonstration Agent presented alone to club members. These demonstrations given were:

1. The making and uses of Cottage Cheese
2. Breads from whole wheat flour
3. New ways of serving eggs
4. Pickle making - quality, not quantity.
5. New ways of using apples
6. Beverages - the proper way of making

A number of food demonstrations other than these listed have been given individually by the Home Demonstration Agent at request.

The demonstration on "Pickle Making" was a combined meeting of all clubs, but open to any interested individuals other than Home Demonstration members. Mrs. Irma T. Wallace of the Kerr Jar Company gave this demonstration. Mrs. Wallace at the agent's request stressed particularly "quality-not quantity" of pickle. She gave demonstrations on "Emergency Pickle", Canteloupe Pickle, Thousand Island Pickle, Carrot Ketchup, Tomato Ketchup and information concerning sour cucumber pickle and dill pickle.

Food Preservation has caused a great deal of interest and is increasing all the time. Women alone have canned 51,510 containers valued at \$13,756.06. 2198 pounds of fruits and vegetables have been dried and 5250 bushels stored. Demonstrations on this work, though not a county project except that it definitely affects and emphasizes Live at Home Program, have been given all over the county, especially in County Relief Canning Campaign. But that campaign is another story and will be given later under Relief Work. More requests than the Agent can possibly handle alone came in and it is only through the help of her Home Demonstration leaders and women that she can handle these. One leader reported nineteen calls directly to her for information.

One man who had a flock of three pound chickens for which he could realize only 10¢ per pound (25 in the flock) called on the Agent for help in canning them, as he figured they would be of greater value to him to use as food provided he did not have to feed them. The Agent gave him the information, showed him how to pack and how to use the Pressure Cooker and left. He canned successfully twenty-five quarts of chicken. He is completely satisfied for his twenty-five chickens sold at 10¢ per pound would have brought him \$7.50 whereas at 40¢ per quart his twenty-five quarts meant \$10.00, without the cost of feeding.

The Pressure Cooker has been invaluable - more and more people are coming to see that it is the only safe way to can meats and the non-acid vegetables. People are stopping the use of food preservatives in the canning when they learn the danger of this. As one woman expressed it - "I lost some of the beans I canned without a preservative but I think that was inexperience. I am satisfied though and never expect to use it again. I can learn to can in the right way - experience costs but health is worth the price."

One woman's report on her Food Preservation work for her family of four is as follows:

Fruits canned	266 pts.
Tomatoes	130 pts.
Other Vegetables	269 pts.
Other (such as pickles, jams, etc.)	315 pts.
Stored food	18 bu.

She has yet to butcher but she will have chicken all the year and plans to can - 60 pts. This woman cans for others on shares as she has no garden of her own. To date she has canned 915 pts. of food other than that reported of her own. She uses a pressure cooker. All of her success in this - for as her husband is out of work she is the family provider - she attributes to Home Demonstration Work. In her own words - "I do not know now what I should have done - Joe out of work, my two children to feed properly as well as us two grown folks. When the Home Demonstration Agent first suggested that I do this canning on shares I did not think anyone with as little confidence as I have could do it. I did it, though I needed a lot of pushing, I got it, too. I did not believe much at first in this Live at Home Plan. Now, even though we have very little money, we will have plenty to eat and I am proud to say of the right kind and variety for better health. Not back Home Demonstration Work! Just watch me! It has been the means of us having food to eat this winter." This woman has already out of her own store of food given to those in need four bushels snap beans, thirty-two pints snap beans and twenty-five pints of pickles. Other good Home Demonstration work she has done is to show ten people how to make quick light rolls, twenty-five how to make pickle, three how to make cheese, ten how to can chicken. It is a hard record to beat. Needless to say, she is one of our county winners and also a state winner. But we have others like her in Roanoke County. It is just such women as this one and others like her that enable the agent to extend Home Demonstration work in all parts of the county.

All clubs were represented in the Canning Contest. Each canning according to a canning plan according to the size of her family. Seventy-one women used a canning budget. All of these did good work except where the drought affected them. This will be considered at greater length under state events.

One hundred ten members have tried to have better balanced family meals, fifty-nine have been assisted in planning for family food supply, seventy-one have improved the school lunch and one hundred eleven have tried improved methods in child feeding. "Nutrition" is a word that is becoming fixed in the vocabulary. The woman is coming to see that probably all phases of her child's and her own health depend on the food she serves her family. The agent believes that a real effort is being put forth by women to improve and bear in mind the necessary food for her family.

2. Clothing -

Clothing was our major last year and, though not stressing it except as a follow-up of last year's work and as a Relief Measure, 368 new garments have been made, 340 remodeled, though the women said they had nothing left over to remodel after last year's campaign, 20 hats have been made over or refurbished for another year's wear. The agent's hat block is a much traveled one and very popular. Three hundred women have been aided and given clothing information by club folks.

One member reports - "I have made 64 garments and have given information and suggestions to eleven other people for remodeling. My whole family as well as my immediate family depends on me to do this for them."

Another woman remarked, "Everyone thinks I have the cutest hats and wonder how I pay for them. They don't believe me when I tell them I made the hats out of old ones." The Agent has given three demonstrations on "Clothing" to small groups at request.

Home Management -

Home management - stressing the kitchen was our major project in the county this year. Forty-two demonstrations on this subject have been given to seven Home Demonstration Clubs with an enrollment of 159 women. One of these was given by club leaders while the Agent observed, five have been given by leaders alone, in twenty-four of them the leaders assisted the agent, and twelve were given by the Agent. It is estimated that in this project work 1300 people other than club members were influenced. These demonstrations were given monthly to each club as follows: (1) The Attractive Kitchen; (2) The Healthful Kitchen; (3) The Step-Saving Kitchen; (4) Storage Units; (5) Selection of Kitchen Equipment; (6) The Back Door Yard, stressing the kitchen porch. As a result of this series of demonstrations fifty-five kitchens were made more attractive, forty improved floors, two hundred ten articles were made and bought, forty-four people improved storage units, fifty-five back door yards were improved, eighty-nine kitchens were rearranged for convenience and forty-two people adjusted working surfaces for greater convenience. It is estimated that \$619.50 was saved by following economical and practical suggestions and by either the woman doing the work or their unemployed husbands and sons doing it. Some bartering was also done.

One woman in going over her kitchen had two storage units built for the small cost of \$1.19 by using old lumber she had deemed unusable. Her

Ann

brother did the work for her. The painting of the walls, surfaces and equipment was done by her. She used paint she had on hand, mixing it for the desired color. Small pieces of linoleum matching that on the floor were set in the paneling of her cabinets and closets for decoration with a very pleasing result. Dainty curtains at the windows had splashes of color in keeping with the general color scheme of blue and pale rose. To make room for her wood box, which she put on rollers, her stove was moved a tiny bit and that space, together with space left by removing the water tank for which she really had no use, left enough room for the wood box she so wanted. An unsightly waste pipe in one corner was enclosed in one of the storage closets built. A new linoleum was put on the floor-as the old one had worn through. Mrs. Starkey was a very proud woman of the pleasing and satisfactory results of her own planning and her own work. Furthermore, it was very economically done. She has not tried to estimate the amount of steps she has saved by her rearrangement of her equipment. The wood box alone would amount to a number of miles of step-saving if you consider that every time she wanted wood she had to go out doors and down a flight of six steps to get it and then return.

Another club member reports twenty-five miles saved by moving her kitchen sink to a more convenient place. This was a definite relief as she suffers with her back. As the work was done by the hired man, there was no cost except time and labor.

The moving of the dish pan, too, resulted in another woman saving eleven miles of back tramping.

4. Home Gardens -

Sixty-nine club members report having greatly enlarged their home gardens this year. These members influenced a number of other people to do the same, though the number was not reported. Each has planted new vegetables and each has tried to plant her garden for variety and to follow through the Live at Home Program. Garden work has been advanced and increased in value due to the Demonstration Garden Contest - this will be reported later. In some parts of the county the drought in the spring and the one in the fall seriously affected garden work. Our real garden report will be given under the Demonstration Garden Contest. One hundred fifty people are reported raising new vegetables, one hundred reported to have fall and winter gardens and ninety to sell vegetables.

5. Beautification of Home Grounds -

Beautification of surroundings is a subject which always attracts interest among all people. Though this is not one of our projects, some work has been done this year on rock gardening, improving home grounds, school yards, church yards and surroundings. Most of this comes in our community work.

A neat piece of work in improving home surroundings has been accomplished by the combined efforts of a family group. This family lives on a farm as tenants. The house is in very bad repair and, as the family has no money, nothing has been done to the house, but from the father and mother down to the youngest child all have worked on the yard. A branch on the farm about 400 feet from the house has been cleaned out, the land cleaned up of brush and

undergrowth, a bridge over this branch on the road leading to the house has been repaired of broken boards and made stronger - in fact, the Agent feels safe in crossing now for before repair if a car went over the bridge logs and broken boards flew up on both sides! Posts of nice and even length and size have been cut and planted along the roadside for a fence later if money becomes more plentiful. Shrubbery and bushes have been trimmed and pruned. A number of large-~~old~~ bushes, such as spires and apple Japonica have been transplanted to such an advantage that several unsightly buildings are hidden from view. A big piece of work has been accomplished - there is more to be done. One who saw the place six months ago would appreciate the progress made. This family was requested by the owner of the farm to work under the direction of the Home Demonstration Agent. The mother joined the Home Demonstration Club in her community and her girls became 4-H Club members. The boys belonged to the Boys' Club as long as there was one in the community.

6. Community Activities -

"Helping a needy family in our particular community" had been adopted as a set activity by ~~the~~ Home Demonstration Club. The members have been faithful in this work. One club has practically adopted two elderly women who are destitute except for the interest the club members take in them. One club member donates time and gas to secure weekly supplies from the Welfare and Red Cross for them. This club member and her sister on all holidays, or whenever they have anything special, sees that each had a dinner of just what they had, besides giving some meat at butchering time. Another member takes magazines and reading matter, another gives supplies of vegetables, another with the help of her husband ploughed and planted their garden and then in the canning season helped these women do their canning. This member, too, called on her husband to repair the steps leading into the house; she also took charge of rearranging their kitchen equipment for better convenience. A neat way to carry on her project work! Another member sends them milk and, last but not final - for there is much more that the group does - one of these women who needed shoes very badly was taken into town as a special treat and provided with the much needed shoes. The Home Demonstration women are opposed to giving help promiscuously but where they find that their help is really needed they give it "heart and soul." Much of the community work carried on comes under "Relief Work."

Two hundred forty-seven dogwood trees were planted during that campaign, ninety-nine books were made by members to be used in their kitchens for recipes, etc., one hundred forty-eight articles for Christmas gifts were made.

D. Leader Training

There have been five leader training meetings for women this year with an attendance of forty-six. Three of these meetings were held by the State Home Improvement Specialist on the major project; the other two were held by the Agent on the minor project. It is hard to select any particular leader as doing most outstanding work for when a leader is good she is good and when she makes up her mind to work she works. A brief report of one leader's work in Food Preservation has been given and another will be given later under Garden Demonstration Work, but in the major work it is a most difficult task to select an outstanding leader. Possibly Miss Mary Keeler, in her gentle way, with no thought in her mind of actually leading or influ-

encing any one, has influenced a greater number of people than any other leader. A somewhat timid soul - yet she quietly and calmly explains and tells what she has done in her kitchen to make it more attractive, more convenient, more restful at such little cost that more people go home and try to carry out some of the suggestions on kitchen improvement. She and her sister have been so pleased with the results, the convenience, the help and saving they have experienced by "doing over" the kitchen that she inspires others with her enthusiasm.

E. State Homemaker Association

Five women from Roanoke County attended with the Agent the Virginia Homemakers Association for the full duration of the meetings. They were enthusiastic over the program given. About one hundred fifty people from the county drove up for the day. All have expressed their complete enjoyment of the time spent and deem it an economical and restful vacation from home worries, as well as interesting and instructive. Each of those attending are planning to return next year if possible and bring others with them.

F. County Meetings

Home Demonstration women are interested in all county meetings, either for themselves or 4-H Clubs. Their own particular county meeting other than those already reported (Cheese Making Demonstration and Pickle Making Demonstration) was their Achievement Day. This program comes once a year when all clubs meet together to report work accomplished or achieved by them during the year. The 1933 Achievement Program was held in November at the Roanoke County Woman's Clubhouse at Conahurst. Sixty members, husbands and friends, even though bitterly cold, were assembled. The meeting was conducted by the president of the Advisory Board and the Home Demonstration Agent. Following the reports of club women was "Do you know" roll call. In this each woman gave in one sentence a point for kitchen improvement. The complete program which followed is attached.

G. Relief Work

Relief Work in Roanoke County has been conducted for the greater part on Food Preservation for a winter food supply. A county campaign in "Drying, Storing and Canning of Foods" was conducted by the Agent, assisted by nineteen volunteer workers. The expense of this was supported by the Reconstruction Finance Corporation of Roanoke County to the extent of paying \$4 per mile for gas and oil for the expense of the volunteer worker who donated her time. The volunteer workers were trained in "Canning, Drying and Storing of Foods" by the Agent. Each worker was assigned certain communities in which she was to work; each made one trip to the community to arrange for and advertise the fact that she would give a demonstration on such preservation of food at a certain home at a stated time. This was also advertised in the newspapers, through the churches and community organizations. At the stated time the volunteer worker was on hand to give her demonstration. At this meeting she taught those attending what she could of preserving foods, gave information and answered any questions. The names of those attending were taken down and a date for late in the fall set for a check-up meeting. At the fall meeting the people reported to the worker what they had dried.

Home Demonstration
Achievement Program
for
Roanoke County

County Womens Clubhouse
(Conehurst)

November 16, 1933

8:00 P. M.

Jesse M. Hammerly
County Home Demonstration Agent
Cooperative Extension Work
in
Agriculture and Home Economics
State of Virginia

PROGRAM

- 1 Welcome
-- Mrs. C. J. Bradley
President of Advisory Board
- 2 Brief Report of County Extension Work
-- Miss Jesse Hamorly
County Home Demonstration Agent
- 3 Musical Selection
-- Forrest Jamieson
- 4 Speakers of the Evening
-- Miss Mary Settle
Home Improvement Specialist
- 5 Demonstration
-- Mt. Vernon 4-H. Club Team
Geraldine Beckner
Faye Beatty
- 6 In a Little Town Nearby
April Fool (Encore)
Mrs. Ruth Jones
Accompanied by
Miss Annie Denit

7 What Club Work Has Meant to Me

-- Mrs. J. W. Adams
Bonsack Road Club

-- Mrs. Cora Rhodes
Hanging Rock Club

8 Clubs Reporting

Club	President
Cave Spring	Mrs. Ernest Harris
Bonsack Road	Mrs. Clara Buck
Dundee	Mrs. Geo. Hartman
Hanging Rock	Mrs. Cora Rhodes
Oak Grove	Mrs. J. W. Grubb
Oakland	Mrs. H. E. Kennedy
Pleasant View	Mrs. C. W. Dyer

9 A Recipe

Da Faith of Aunta Rosa
Miss Clara Bruce

Hostesses:

Home Demonstration Advisory Board

canned or stored. There were forty-five such demonstrations given by the nineteen volunteer workers to people who had received county aid and to whom the county had furnished garden seed in the early spring, also to any others interested. The fall check-up on this campaign was difficult, due to conflicting and unofficial reports and rumors among the county people that the government was to tax all their canned food over one hundred containers or take it away. Many were afraid to give in their reports. Then, too, the drought had seriously affected most all of the gardens. However, the records sent in showed 114,413 containers of food had been canned at an evaluation of \$18,633.91; 2198 pounds of foods had been dried; and 8250 bushels had been stored. Eight hundred fifty-four miles were traveled by the volunteer workers in the campaign. Seven of these workers were Home Demonstration members. The people were thankful and anxious, on the whole, for the information. This work was given to both white and colored people. Of the volunteer workers three were negroes.

The Agent gave one demonstration on Food Preservation to fifty-one Red Cross presidents and leaders for the county Red Cross workers. These people were to take the information back to their club members by giving them the same demonstration. They in turn were to can at least five containers to be given to Red Cross work. One Home Demonstration woman canned fifty containers for the Red Cross; another fifty containers for a school lunch.

Other than Food Preservation 692 garments have been made from sacks, 358 garments made, 360 garments remodeled, 20 hats made over or refurbished, 80 families have been assisted with their clothing problems.

The Agent feels that this Relief Work has awakened a keener interest among county people in Extension Work.

H. Program of Best Club

The Bensack Road Home Demonstration Club still holds its prestige as the best woman's club in the county. The program attached was selected at the Planning Meeting held by the Home Demonstration Advisory Council and leaders of these clubs. The program itself was compiled by the leaders with the help of the Agent. As far as it was possible the program of work was followed. At each monthly meeting the work was presented to the club members by either the Agent or the club leaders. The members were requested to try out the suggestions and report at the next meeting:

PROGRAM OF WORK

BOMBACE ROAD HOME DEMONSTRATION CLUB

1933

I. Major Project:

(a) Home Management - The Kitchen

1. December Meeting -

a. The Attractive Kitchen

The leaders secured meeting place - urged people to come

b. The Agent gave the demonstration

c. Suggestions for Christmas Gifts

1. January Meeting -

(1) Bread from whole wheat flour

a. Leaders assist Agent-have meeting place-to get new members

b. Make recipe books

c. Agent gives demonstration

1. February Meeting -

(1) Arranging the Kitchen for Convenience

a. Leaders arranging for the meeting and giving the demonstration

b. The Agent visited the Club

1. March Meeting -

(1) The Step-Saving Kitchen

a. The leaders arrange for the meeting-get members to come-

get new members-assist the Agent

b. The Agent assisted by the leaders gives talk on Dogwood

Planting Campaign

c. Gets community work report

1. April Meeting -

(1) Making Cottage Cheese and Its Uses

a. Leaders arrange for and give demonstration-get report from

members on what work they have done

b. Agent attends another meeting

1. May Meeting -

(1) Kitchen Storage Units

a. Leaders assist agent-get reports of work from previous meetings-

get new members to come

b. Agent gives demonstration. Talks about and enrolls members in

canning contests. Assists with making canning plans.

1. June Meeting -

(1) Selection of Equipment

a. Leaders get members to come-get members' reports of previous

work-urges raising of Homemakers' dues

b. Agent gives demonstration assisted by leaders

1. July Meeting -
 - (1) New ways of Serving Eggs -
 - a. Leaders give demonstration-urge members to attend County 4-H Rally-urge members to go to Virginia Homemakers' Association.
 - b. Agent visits
1. August Meeting -
 - (1) Pickle Making
 - a. Leaders get members to come-give report of Homemakers' Asso.-urge those in canning contest to work.
 - b. Agent assists with demonstration
 - c. Kerr representative gives demonstration
1. September Meeting -
 - (1) New Ways of Serving Apples
 - a. Leaders get members to come-arrange for meeting-get reports.
 - b. Agent gives the demonstration
1. October Meeting -
 - (1) The Back Door Yard
 - a. Leaders assist agent-get all members reports-urge members to attend 4-H Achievement Program-plan for canning judging for contestants
 - b. Leader gives the demonstration-urges members to get ready for their own Achievement Program-get reports in
1. November Meeting -
 - (1) Landscape Gardening
 - a. Leaders secure place to meet-get new members-election of officers
 - b. Agent gives demonstration-gives Christmas suggestions
 - c. Helps leaders with plan of work-urges members to attend their Achievement Program

1. Contests as Arranged by State Office

1. Kerr Canning Contest -

The Kerr Contest for Women was carried on in the county from June 1st until October 24th. Ten members in the county entered the contest. All were enrolled and had their canning plans made by June 1st. Here, too, the drought interfered as it was a hard task for the women to get enough to can to come up to their canning plans. The county elimination contest was held on October 24th. The exhibit and plans winning first place were taken to the District Agent to compete for eligibility to enter the State Contest. Here the women's exhibit was judged as a state entrant. In the State Contest Roanoke County exhibit won fifth place. Mrs. Joe Lancaster finds her check for \$10.00 (the prize for this) to come in handy. County prizes were given the first three winners.

2. The Ball Canning Contest was conducted in the county under practically the same regulations as those of the Kerr Contest - each contestant making her canning plan and being enrolled by June 1st. The drought caused the same difficulties here. The elimination contest was held Oct. 24th. The winning plan and exhibit were also eligible to be entered in the State Ball Canning Contest. In this contest our exhibit won seventh place and a \$2.50 check for the owner. County prizes were given to the first four winners.

3. Demonstration Garden Contest:

There were seven contestants in the Demonstration Garden Contest - one to represent each of the Home Demonstration Clubs. Each woman planned her own garden, made her own canning plan, kept her own records, five held garden meetings and had exhibits in the county contest. The Home Demonstration Agent judged the gardens but a Home Economics teacher judged the exhibits and canning plans. County prizes were given to the winners of the first three places. The contestant winning first place in the county also entered her plans, story and exhibit in the District Contest where she was awarded first place. And is she proud of that nice pressure cooker!!! And what she is planning not to do is easier to keep track of than what she is planning to do with it.

The Agent deems this the best piece of work done by any one woman in the county for Mrs. Adams has taken her work most seriously and has accomplished a big job. Not only that - it is well-known. People in other parts of the county and elsewhere question the Agent concerning Mrs. Adams' work.

Her complete story, records and plans are attached. The pictured story of her garden is at the end of the entire report.

Story of Demonstration Garden
in
Roanoke County

Mrs. J. W. Adams
Bonsack Road Home Demonstration Club
Rt. 1, Box 29, Roanoke, Virginia

Garden Plan --- SPRING and FALL

	Walk	4ft. - 8 ft.	
	Onions	Cold Frame	
	Salsify	Okra	
	2 rows egg plant		House
	2 rows carrots		Lot
	Mustard	Lettuce	Flowers and Rock Wall
	Walk	and	Driveway
	5 rows of English Peas		
		followed by Black-eyed Peas	
	5 rows beets --- 2 rows of parsnips and salsify		
		Swiss Chard	
	6 rows		
	Snap Beans		
	2 rows		
	Cabbage		
	5 rows		
	Butter Beans		
200 ft.	Potatoes followed by snap beans--turnips		
	and collards -- 51 rows		
	4 rows sweet potatoes		
		Peppers	
	Corn (Sweet)		Squash
	Pop Corn	6 rows	Kale Spinach
	One row melons		
	Peppers		Citrons
	Corn		Pumpkins
		125 ft.	
	Road (public)		
	Lot for tomatoes		

One cold frame ----- 4 ft. by 8 ft.
 One hot bed ----- 6 ft. by 10 ft.

Products Grown in Garden

Kale
Mustard
Spinach
Lettuce
Swiss Chard
Onions
Okra
Salsify
Egg Plant
Carrots
English Peas
Black-eyed Peas
Beets
Parsnips
Snap Beans
Sweet Potatoes
Irish Potatoes
Turnips
Collards
Corn
Pop Corn
Mellons
Citron
Tomatoes
Sweet Peppers
Hot Peppers
Some Herbs
Pumpkins
Cabbage
Butter beans

Vegetables Planted for the First Time

Salsify
Egg Plant
Swiss Chard
Collards
Citron

Cost of Garden:

Fertilizer	\$2.50
Potatoes	2.50
Paranips15
Seeds (my son, Douglas, worked for)	2.50
Peas37
Seeds90
Beans90
	<hr/>
	\$9.42

(Flowing and care of garden, and work cost me nothing as my husband, sons (three) and son-in-law did the work as I planned it.)

Value of Garden:

Garden stuff given away	\$12.75
Garden stuff sold	2.48
(Our garden was our living so little was sold)	
Garden stuff used for family to date	75.00
Estimated worth of garden for fall & winter use45.00
Stored and dried stuff	50.00
Canned foods	190.00
Total	<hr/>
	\$375.23

Profit:

Value of garden as estimated	\$375.23
Expense of garden	<hr/>
	9.42
Total profit	<hr/>
	\$365.81

Time During Which Vegetables Were Available

Vegetable	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.
Kale	†					†	†				
Mustard	†	†									
Spinach	†	†			†	†	†				
Lettuce	†	†	†								
Swiss Chard			†	†							
Onions	†	†	†	†	†	†	†				
Okra			†	†	†	†	†				
Salsify			†	†	†	†	†				
Egg Plant				†	†	†	†				
Carrots		†	†					†	†		
English Peas		†	†								
Black-eyed Peas				†	†	†					
Beets			†	†	†	†	†				
Paranips			†	†	†	†	†				
Snap Beans			†	†	†	†	†				
Cabbage			†	†	†	†	†				
Butter Beans					†						
Sweet Potatoes			†	†	†	†	†				
Irish Potatoes			†	†	†	†	†				
Turnips						†	†				
Collards						†	†				
Corn				†	†	†					
Pop Corn						†					
Mellons				†	†						
Citron						†					
Tomatoes			†	†	†	†	†				
Sweet Peppers					†	†	†				
Hot Peppers					†	†					
Pumpkins						†	†				

A number of these are left in the fall garden

\$13,700

I wish to enter the Dixie Garden Contest and hereby submit the following budget for my family of 8 adults persons.

Product	Months Avail- able fresh	Months Stored	Amount to can	Record of Canning Done
GREENS - 3 times a week	12	0	Enough Fresh in garden to serve my family 3 times a week	
TOMATOES-4 times a week	5	7	224 qt.	263 qt.
OTHER VEGG.- (NOT INCLUDING int potatoes). 7 times a wk.	5	7	620 qt.	146 qt.
			Enough dried & stored to rest-for emergency also	
FRUITS - servings daily	6	6	640 qt.	468 qt.
			Enough dried & stored to care for the rest	
MEATS AND CHICKEN-Y serving daily			Will have chicken fresh all year. I have 2 hogs and a baby beef yet to butcher for canning and curing	
TOTAL			1184 qt.	862 qt. without dried, stored & cured foods counted

Name Mrs. J. W. Adams Club Bonaok Road Home Demonstration Club

NOTE - Budget on paper to be handed to agent before June 1st - card to be kept for your record of actual canning done and handed in with exhibit at club or county contest.

Dried and Stored Stuffs

Irish Potatoes	20 bushels
Sweet Potatoes	9 bushels
Onions	1/2 bushel
Dried butter beans	2 gallon
Dried black-eyed peas	1 gallon
Dried corn	10 pounds
Pop corn	1 bushel
Sweet peppers	1 bushel
Hot peppers	1 gallon
Pumpkins	27
Citrons	86
Herbs - dried	
Okra - dried	

Swiss chard, turnip, kale, mustard, beets, carrots, cabbage, parsnips, salsify and collards are still in the garden for gathering the year round.

2 hogs and a baby beef yet to be butchered for canning and curing.

76 quarts of preserves, jellies, butters, relish and pickles.

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The Story of My Garden

I entered the Dixie Demonstration Garden Contest to represent the Bessack Road Home Demonstration Club in May, 1933. In planning my garden I tried to follow out our LIVE AT HOME Program by having a year-round garden from which to can, dry and store, and also have a fall and winter garden from which I might have fresh vegetables the whole winter. I had eight in my family to plan for - at that time my husband, three sons and son-in-law were all out of work. We had to eat and the garden was the best source for food for we had no money. I also planned for emergencies and for charity. My garden was entirely a home garden, though I did sell a couple of dollars worth of produce - \$2.48 worth, to be exact.

The entire cost of the garden was \$9.42 for seed and fertilizer. Time, labor and care cost me nothing as the men of the family did that for me. Here I would like to mention that they were not only interested in the labor part but intensely so in the record and budget work - numbers of times I have been reminded to check up my records. Two dollars and fifty cents worth of the seed was furnished by one of my sons who was paid partly in seed for some work he chanced to get.

The Garden consisted of about three-fourths of an acre of rich, loamy soil. We had one hot bed 6 ft. by 10 ft. and one cold frame 4 ft. by 8 ft.

Variety of vegetables, root, leafy and fruit vegetables to give variety were among my thoughts in planning. A larger plot of tomatoes was planned that we might can enough tomato juice that my little grandson net yet a year old might have plenty. Herbs, too, for seasonings came in, also some new vegetables. These new vegetables we did enjoy and liked them all.

Neighbors and friends and, yes, strangers too, have been immensely interested in "Mrs. Adams' Demonstration Garden." It has been a pleasure to at all times explain and give explanations to these visitors. Of these visitors there have been 190 in all. I held a garden meeting at my house and explained my plans to all and invited all to visit the garden. Some of these visitors have returned two or three times for information or to find out how I am getting along in the contest. Another great pleasure has been mine to go out in the community and show and help others to plan and plant their gardens. Two I helped to lay out and plant; others I have helped and shown how to can, dry and store foods. This year, too, I gave a demonstration for our Home Demonstration Agent to the people in our community in "Drying, Storing and Canning Foods." This was in County Relief Work, and I am glad to say I checked up on every one in the community.

My experience in keeping these accounts and records and making a canning budget has thoroughly convinced my family and me that a home garden is an invaluable asset to any home, and that all homes where it is possible should have one. For the garden is assuredly a large part of the family income. In my case it certainly has proved to be so. It is possible that I have put too high an evaluation upon my garden but in considering time, labor, cost of seed and fertilizer, and the costs of fresh foods, and canned stuffs, I think that the following estimate of my garden is a fair one:

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My accounts for the Garden were:

Garden Produce given away	\$12.75
Garden Produce sold	2.48
(Our garden was our living so little was sold)	
Garden Produce used for family to date . .	75.00
Estimated worth of fall and winter garden	45.00
Value of stored and dried foods	50.00
Value of Canned foods	190.00
Total	<u>\$375.23</u>

Expense:

Seed and fertilizer	\$4.42
Total Profit	<u>\$365.81</u>

I feel sure that if I had to buy this food for my family of eight I should have spent that much money.

Never, have I canned so much before but I had my canning budget to follow, and follow it I did, though I had no help in this at all. What I could not can I made up in drying and storing. I borrowed my Home Demonstration Agent's home-made drier and my husband made me one, too. I have used this in all drying and find it highly successful.

Even the Jack-o-lantern for the Halloween party came from my garden. The pictures at the end will give you an idea of my food preservation work for this year. I have no fear "what the morrow may bring" if it is a question of foods. We have enough for ourselves, for company, and to help the other person out.

When I think back over this garden work this season I am sure that I have followed my plans, I have the year-round garden, and plenty of food for the LIVE AT HOME Program. And best of all, though worried over the lack of jobs, it has been a family get-together project.

When I look into my well-filled pantry a little poem by Marie Dugan published in the Goodhousekeeping comes to mind:

My Treasures

I have many jars of coral
And many jars of jade
And jars of rose and crystal
With topaz tints inlaid.

They did not come from China
They did not come from Rome
They're full of plums and peaches
Canned on hot days at home.

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1. 20

3. Girls' Work

(a) 4-H County Council

1. The 4-H County Council has had two meetings this year. The first meeting of the Council in January fifty-six members and leaders were present, thirteen clubs were represented, goals and the county plan of work were adopted.

A. Goals -

Accomplishments -

- | <u>Goals -</u> | <u>Accomplishments -</u> |
|---------------------------------------------------------------|----------------------------------------|
| 1. Increase enrollment | Yes |
| 2. Each member give a demonstration and be active club member | 433 demonstrations given |
| 3. Each member make articles for Kitchen Kit | 793 articles made |
| 4. Each member plant dogwood | 1050 planted |
| 5. Have clubs represented at State Short Course | 13 members, 4 leaders |
| 6. Members can food for county relief help | 600 containers canned |
| 7. Each club raise money according to scale planned | 19 clubs raised it,
16 turned it in |
| 8. Each girl make record book | 492 books made |
| 9. Each girl have garden | 315 girls had or helped in gardens |
| 10. All meetings be sponsored by Council | Yes |

B. Plan of Work -

1. November

- a. Organize - elect officers
- b. Demonstrations
 - (1) The school lunch
 - (2) Making the 4-H booklet
- c. Demonstrations by members
- d. Program
- e. Recreation
 - (1) Songs
 - (2) Games
- f. Plan year book

2. December

- a. Demonstration
 - (1) Healthful Christmas sweets
 - (2) How to make Christmas gifts
 - b. Show complete 4-H booklets
 - c. Talk on Growth work
Enrolling members in Growth Contest
 - d. Club plan of work - programs
 - e. Demonstrations by members
 - f. Program
 - g. Recreation
 - (1) Songs
 - (2) Games
 - h. Urge attendance at Junior Council
- 22

3. January

- a. Demonstration
 - (1) Cereals and Breads from home grown grains
- b. Plans for raising club funds
- c. Demonstrations by club members
- d. Program
- e. Recreation
 - (1) Song
 - (2) Games

(Junior Council Meeting)

4. February

- a. Demonstration
 - (1) Soups and main dishes from milk
- b. Encouraging members to plant dogwood - to plan gardens
- c. Judging
 - (1) Enrolling members
- d. Demonstration by members
- e. Program
- f. Recreation
 - (1) Song
 - (2) Games

5. March

- a. Demonstration
 - (1) Tasty vegetables for winter
- b. Parents' Day
- c. Checking on club members
- d. Demonstrations by club members
- e. Program
- f. Recreation
 - (1) Song
 - (2) Games

6. April

- a. Demonstration
 - (1) Attractive ways of serving Eggs
- b. Check food and posture habits - Books
- c. Enroll members in Correct Dress Contest
- d. Beautifying surroundings
 - (1) Home
 - (2) School
 - (3) Church
- e. Demonstrations by members
 - (1) Enroll members in Demonstration Contest
- f. Program
- g. Recreation
 - (1) Song
 - (2) Games

7. May

- a. Demonstration
 - (1) Fruit Dishes for spring
- b. Introduce canning contests
 - (1) Enroll members in contest

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7. May (Cont.)

- c. Check on Dogwood - Correct Dress
 - d. Demonstrations by members
 - (1) Train for Dem. Contest
 - e. Program
 - f. Recreation
 - (1) Songs
 - (2) Games
 - g. Hike planned
8. June
- a. Demonstration
 - (1) The canning plan
 - (2) Canning tomatoes and tomato juice
 - b. Urge attendance at Rally Day
 - c. Check on those entering Canning Contests
 - d. Check Growth Contest - Correct Dress
 - e. Check Books
 - f. Check in Judging
 - g. Demonstrations by members
 - (1) Train for Dem. Contest
 - h. Program
 - i. Recreation
 - (1) Songs
 - (2) Games
 - j. Select girls' and leaders' books to send to State Short Course

9. July

- a. Demonstration
 - (1) Canning fruits and fruit juices
- b. Urge attendance at Rally
- c. Urge a representative at State Short Course
- d. Urge attendance at Junior Council Meeting
- e. Check on all contests
- f. Demonstrations by members
- g. Program
- h. Recreation
 - (1) Song
 - (2) Games

(Rally Day - State Short Course)

10. August

- a. Demonstration
 - (1) New ways to serve Vegetables
- b. Picnic or Hike for members
- c. Check-canning
- d. Check books
- e. Demonstrations by members
- f. Program
- g. Recreation
 - (1) Songs
 - (2) Games

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11. September

- a. Demonstrations
 - (1) Tasty Desserts from Fruits and Vegetables
- b. Start check on year's work
- c. Check canning
- d. Set date for canning exhibits to be judged
- e. Demonstrations by club members
- f. Program
- g. Recreation
 - (1) Songs
 - (2) Games

12. October

- a. Demonstration
 - (1) Refreshments for club party
- b. Finish year's work
- c. Fill in Record books
- d. Check books
- e. Check year books
- f. Demonstrations by members
- g. Program
- h. Recreation
 - (1) Songs
 - (2) Games
- i. Urge attendance at Achievement Program

(-old Canning Judging - hold Achievement Program)

2. The second council meeting was held in August with eight clubs represented. Our District Home Demonstration Agent was present and conducted the selection of project work for 1934. The project selected was Second Year in Foods - "Breakfast, Dinner and Supper." A committee of leaders was appointed to plan for the annual Achievement Program. Recreational games and songs were taught.

3. In November the Council met for its regular planning meeting for 1934. Officers were elected and trained in their respective duties. The county plan of work was made and goals adopted. Each club is to make its plan of work and programs before the December meeting, one copy of each to be sent to the Agent. Recreational games and songs were conducted by the All-Stars and leaders present.

(b) Background of Club Work

In Roanoke County there are approximately 3340 girls of club age - 506 of these are club members from the twenty-one communities which at present have club work. It is our plan to reach as many girls in the county by opening up a club in the communities which do not have club work, by making the work so attractive that the girls will want to come in and by strengthening leadership in the community - both women leaders and club girls. Our enrollment for the past five years is:

Year	No. Members	No. Clubs
1929	484	24
1930	457	24
1931	423	23
1932	342	20
1933	506	22

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Club girls are learning that to be a club member they must put effort, initiative and interest in their work.

(c) Age

The majority of club girls are of ten and eleven years of age. The average length of club life for a girl is three years.

It is our plan to try and form more Junior Homemakers Clubs in the county to hold the members for a longer duration of time, and when it is possible to get leaders, to divide the members in a club according to age as it seems the older club girl considers the younger one too small for her.

(d) Club Meetings

1. Most girls' clubs in the county meet in the schools; to be exact, seventeen of them do so. Each club has had one regular meeting per month of two hours duration. All clubs have had extra meetings called by their leaders or presidents for business, trips, picnics or hikes. The plan of the Vinton Club, which did the best work, is attached:

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Vinton Club

2. Plan of Work

Procedure followed -

A. Project work

Turn meeting over to President
Scripture reading and prayer
Reading of minutes
Roll Call
Business - old and new
Read program for next month, giving names of those to take part
Report of any committees
Clean up

Program

President turns meeting over to Chairman of Program Committee
Jokes
Reading
Song
Demonstration by members

Demonstrations and Programs -

1. January

- (1) Readings - Jokes
- (2) Demonstration "How to Make Muffins-Whole Wheat"
- (3) Plan to raise club funds

2. February

- (1) Riddles, jokes, answering of questions asked by leader
- (2) Plan to plant dogwood - to plant gardens
- (3) Enlist in Judging Contest
- (4) Demonstration by leader on "cream peanut soup."

3. March

Project - Ways of Serving Eggs

- (1) Demonstrations
 - a. Show proper way to sit
 - b. Show proper way to stand
- (2) Reading, jokes
- (3) Check on club members
- (4) Parents Meetings

4. April

Project - Tasty Vegetables for Winter

- (1) Demonstrations:
 - a. How to make liquid soap
 - b. Right way of using your napkin
- (2) Dialogue
- (3) Check food and posture habits - books
- (4) Beautify surroundings
- (5) Enroll members in Correct Dress Contest

5. May

Project - Fruit Dishes for Spring

- (1) Demonstrations:
 - a. How to lay the cover for breakfast for one person
 - b. How to introduce your friend to your parents
- (2) Games, riddles
- (3) Gunning contests
- (4) Check on Dogwood and Correct Dress
- (5) Train for demonstration contest

6. June

Project - Canning plan - Canning tomatoes and juice

- (1) Demonstrations
 - a. Special
 - b. How to meet a friend who has just come to see you
 - c. How to judge muffins
- (2) Games, jokes and riddles
- (3) Check growth, correct dress, judging, books
- (4) Team demonstration team

7. July

Project - Canning fruit and fruit juices

- (1) Demonstrations
 - a. How would you introduce someone to your preacher
 - b. Proper way to walk
 - c. How to cut and fold egg white into egg yolk
- (2) Reading and games
- (3) Attend Rally
- (4) Attend State Short Course
- (5) Check on all contests

8. August

Project - New ways to serve Vegetables

- (1) Demonstrations
 - a. How should the skin be kept clean
 - b. How should the teeth be kept clean
 - c. How to beat egg yolk into three different stages
- (2) Contest and reports - canning - books
- (3) Picnic
- (4) Attend Junior Council

9. September

Project - Tasty Dessert of Milk and Fruit

- (1) Demonstrations
 - a. Special
 - b. Special
- (2) Contest and riddles
- (5) Check year's work - canning

10. October

Project - Refreshments for club party

- (1) Demonstrations
 - a. How to break an egg
 - b. Special
 - c. How to wrap a sandwich
- (2) Dialogue and contests
- (3) Finish year's work - fill club records
- (4) Check club books and year books
- (5) Enter exhibits in Canning Judging
- (6) Attend Achievement program

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This plan of work was developed from the county plan of work by the club leaders and officers. The monthly work was planned, then programs for each month drawn up in a more complete form. This program has been followed as far as possible. The club's yearly report is attached to give a more exact idea of its achievements:

JA

The Vinton 4-H Club has twenty members on roll and held thirteen meetings during the year. All members made books. At our first meeting officers were elected and began their respective duties.

Early in the season we sold lunch to school children to raise money for our club. We realized about ten dollars from this work. Our club dues and representation fee in our school annual were paid.

In March we visited the Clover Creamery - we saw how butter was made, how milk was pasteurized and many other things of interest. After going through the plant we were given ice cream and milk which, of course, everyone enjoyed.

The Parent-Teacher Association of our school sponsored a Lewparty in August to raise money to aid in the completion of our new school gymnasium. Our club made an attractive booth decorated in green and white. We sold refreshments all during the afternoon and evening. We cleared \$3.45.

In May our leader, Mrs. W. G. Kent, chaperoned a group of our girls to Camp Tree Top for the week end and did we have a good time! Even if we were afraid at night when the whip-o-wills called and dogs barked and were stalled in the Roanoke River, our spirits were not dampened. We enjoyed every minute. Miss Kemmerly paid us a visit during the afternoon and we took pictures.

At Rally Day held at Lakeside in July we had eleven girls present, three leaders and many friends. The following took part in contests: Demonstration girls over 14 years - Frances Payne and Bernardine Busk; girls under 14 years - Adelaide Milner and Dorothy Brown; Correct Dress Revue - Marguerite Compton; Health - Frances Payne. Marguerite won first place in the Dress Revue and Frances Payne first in Health. Frances and Bernardine rated third in demonstrations. Marguerite and Frances received a free trip to Blacksburg. This trip was given by the Home Demonstration Advisory Board for the winners to represent the county in the State contests.

Four of our girls attended the State Short Course and one leader, Marguerite, won first place in the state Dress Contest (for the street). During the Candle Lighting ceremony she was taken in as an All-Star. Incidentally, this is the second All-Star from our club. Marguerite was also chosen as a recreational leader.

Bernardine Busk's Scrap Book won a blue ribbon, thus ranking with the highest.

Frances Payne won a blue ribbon also, thus making all of our contestants prize winners for Roanoke County.

Just before school began we were on a picnic to Tinkerbell chaperoned by our leader, Mrs. E. K. Short. We all enjoyed a nice picnic lunch and some took a swim.

We haven't yet had our annual party but we are planning to have it.

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At the Vinton Homecoming Day our club members with the help of our leaders and the approval of our Home Demonstration Agent decorated a booth on the school grounds where the program was held. We sold ice cream, etc., and cleared over \$13.00. We plan to pay our 1934 club dues with this and use the rest on a fund to buy us a stove for club work.

We are proud of Vinton - our members made a good showing at the State Short Course and at our annual Achievement Program held in the county we carried off the championship banner for being the best 4-H Club in Boone County during 1933. That banner is not yet our permanent property. We have to win it again next year for it to belong to us. Do we want it!! Just watch us next year!! At this time Marguerite Compton received a watch for being the best club girl and Frances Payne also received one for being the second best club girl. Prizes were awarded other club members as already stated, adding Bernardine Buck and Janet Gill to the list for good canning. Later news informed us that Bernardine Buck had won a \$5.00 in the State Canning Contest.

We have had twelve regular meetings other than call meetings and picnics, such as related in this report. Seventeen of our twenty-three members completed the year's work; three of us have tried to budget food expenses for the year, sixteen have planned well balanced lunches, twenty have helped plan well balanced meals, seven members have improved their posture, fifteen club members have given demonstrations through the year, eighteen have been on the programs, twenty-three books were made, fifty-eight dogwood were planted, ten mailboxes where they needed repair were repaired, twenty-eight articles were made for the members' "kitchen kits," seven were in the Growth Contest, five in the Canning Contest, six in the Davis Baking Powder Contest. We have attended all county meetings. Frances Payne was the reporter of the Junior Council this year.

Our leaders have been an inspiration and a help to all of us. Many times we would have fallen down but for their help and encouragement. They have each attended all leaders' meetings held and all county meetings. They gave five demonstrations when our Home Demonstration Agent could not attend. They assisted her. All in all we feel that we have done a good piece of work.

We have several prospective members in mind for the coming year and we are expecting many more to join our ranks this year than heretofore. May they remember, as we have, our motto - "To Make the Best Better."

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4. Community Project -

The best community project work was accomplished by the Bend 4-H Club. The report of the leader is attached for in her own words she gives quite a picture of her club girls' work :

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(Roanoke County)

The Bend 4 - H Club

Mrs. Cassie Dahan, Leader
612 Highland Av., S.E., Roanoke, Va.

I organized in November 1933 with 16 members, making an iron-clad rule that those who would not keep up their work would be dropped from the roll. Three were dropped, leaving us with 13 members working, this number proving lucky for us. We are working under adverse conditions and have a hard time getting together for they are widely separated. We meet on Saturdays. Thirteen have finished their projects work and in good order; 12 demonstrations were given with one extra one on "Canning Chicken". At this meeting the women of the community came as guests of the members as the members were working to put their work in other homes as well as their own, as far as possible to help with their canning, drying and storing, especially drying fruits and canning fruit juices for winter. On eight different times I have had the girls together for working on their books, planning for different services, playing games and singing songs for recreation. They have had their friends attend some of these as our neighborhood has no means of entertaining.

I have tried to keep the members together, to keep them entertaining correctly and to keep them out of mischief. Our attendance percentage is 85% for all meetings of the year. On Rally Day we had two teams to demonstrate - one in the elder group demonstrated on "Salads From Home Garden Fruit and Vegetables". This team won second place in the county. Our member in the 'Correct Dress Contest won second place, also in the county contest. Our representative in the County Growth Contest was delayed on the grounds and missed the contest.

Sixteen girls planted dogwood, some at their homes and others for some of their relatives. Sixty-five trees in all were planted. We are planning to plant five at the church this year and at the school also. Sixteen mailboxes were improved.

Our community project was beautifying the church yard with the aid of the men of the community we hauled 85 loads of rock away from the grounds, graded the front side of the yard and the poison oak plants were grubbed but it finally stopped us for it was so bad. We did some improvement on the inside too - had the walls repapered, woodwork varnished and cleaned - the women of the community helped with this - we got money by subscription. After this was done we had a candle light service in the church with 13 members present, using the outline for this service given in the Club letter. This was beautiful and gave people some idea of what 4-H Club work is. On Easter Morning we had charge of the morning service and gave a pageant on "Mary's Visit to the Empty Tomb." All 13 members were present and taking part with the aid of six little girls. We also had a Thanksgiving service at the church - the girls were on the program in songs, readings, and gave a pageant on the "First Thanksgiving." We had a large crowd. The offering went to pay for having the teeth of some children fixed, and part for the preacher's salary.

Every girl has started her "Kitchen Kit." Both making and buying articles. Representatives and I have attended all leaders' meetings, Junior Council, meetings and Rally Day. I attended the committee meeting for arranging for

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Rally Day. This year I attended the State Short Course as one of the official leaders from the county and gave the county report at the State Organization meetings for leaders.

I have given eight regular demonstrations alone, also one on "Canning Chicken", and have assisted with most of the others. We are making sunshine baskets for the sick, taking them flowers. The members are keeping up with how to care for the hair, nails, teeth and look after B.O., also how to sit in church.

One of my members is vice-president of the Junior Council this year. At Rally Day we had sixteen members present and thirty-four visitors. We are planning for Achievement Day now.

Each member has canned two jars of foods for county relief work.

I feel that my club has done a wonderful year's work. They have helped people who needed help, passed along what they learn in the club, and advised people in eating vegetables and fruits. They have tried to carry out better food habits. They have taught other girls to make their clothes. However, I think the most outstanding thing that everyone can see is with what ease they can preside over meetings; the relative effect of the different foods to keep their bodies well and strong.

I can't express the value of leadership to myself. I feel that the only worthwhile thing I have done in the past year with my girls is the improvement I see in some of them, to see them striving for higher standards.

MARCH

The Tinker Creek 4-H Club met March 28th from 1 to 3 P.M. at the school for its regular monthly meeting. We invited all the mothers of the 4-H girls to meet with us. The following invitation, in an attractive folder made by the club girls, was sent to each mother -

Mothers of the 4-H girls
We want you all to come
To our regular March meeting
And help to make it "hum."

Our Roanoke County Agent
Miss Hammerly by name
Is going to give us a talk
On 4-H ideals and aim.

The talk will be demonstrated
By the members, two and two,
Come! We want to show you
What 4-H girls can do.

We want your cooperation
To "Make the Best Letter"
So that head, heart, hands and health
Will mean more than figure and letter.

The response was not what we had hoped for but we had eight mothers to come and they enjoyed the meeting. I feel sure they will now readily cooperate in the work, more so than before.

The meeting was called to order by the President, Helen Sisler, after which the following program was given -
Scripture Reading and Prayer by Beula Parker
Minutes of the last meeting by Secretary - Christine Puckett
Roll Call - (Silently)
Song

We had no old business at this time. Miss Hammerly invited all mothers present to attend a cheese making demonstration on March 29th at the "Colonial Kitchen", Appalachian Electric Power Co., Roanoke, given by Prof. Saunders of V.P.I. She also gave a talk on "Dogwood," the Virginia State flower, and urged each 4-H club member to plant three trees on their farms, thereby beautifying their own home and at the same time helping to preserve our State flower. A committee composed of Alice Mullen and Francis Peters was named to keep in touch with 4-H club members and report at next meeting the number of trees planted.

While the leader prepared and cooked creamed cabbage Miss Hammerly gave a talk to the mothers and the following demonstrations were given:
The importance of using standard measurements and how to use them correctly - Dorothy Key and Breelle McGee.
Caramelizing Sugar (from which we made peanut butter candy) - Helen Sisler and Francis Peters
Posture - Margaret Cummings and Mildred Kesler

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By this time the cabbage was ready to serve. The following girls helped to serve: Helen Sisler, Francis Peters, Beula Parker and Alice Mullen. Both girls and mothers enjoyed the "creamed cabbage" and are going to cook some at home - pronto.

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5. Money raised -

The 4-B Clubs have turned in to the Junior Council Treasury for county expenses \$41.65. This is not the total raised in the county for a number of clubs have raised more. One club donated \$5.00 toward a school piano, and to help buy library books; another helped pay for a gymnasium floor in the school and there are other instances where club girls have helped, one another, which bears telling-part of a preacher's salary was paid by money raised by club girls.

6. Trips given -

The three girls winning first place in our county contests in (1) Correct Dress, (2) Growth, (3) Demonstration were given trips to the State Short Course to represent the County in the State Contests. These trips were financed by the Home Demonstration Advisory Board. Another club member was fortunate in having her expenses to the State Short Course paid by an interested friend. The Catawba Club raised enough money to finance one-half the expense of a club girl, a club boy and the club leader to the State Short Course. Most of the other members attending raised money for their expenses through their efforts.

(e) Project Activities

1. Foods for Health -

4-B Club girls have worked on two projects this year - "Foods for Health" as their major and "Canning" as the minor project. All twenty-two clubs of five hundred eight membership were enrolled in the Foods Project. In this four hundred eighteen members completed the work, four hundred thirty-two members gave demonstrations to clubs, three hundred fifty-eight girls were on program during the year, three hundred forty-three packed better school lunches, one hundred seventy-two helped at home with balancing family meals and one hundred sixty-two members tried eating the right kind and variety of foods. The following is a brief outline of the work of our best girl in the county:

Marguerite Compton, A Vinton Club girl, has these activities in club work to her credit:

1. Recreational leader of her club
2. Recreational leader of the Junior Council
3. All Star for 1933
4. Completed her club work and was both directly and indirectly responsible for others completing theirs
5. Won first place in County Correct Dress Contest
6. Won first place in State Correct Dress Contest (Street Dress Class)
7. Attended the State Short Course - through her interest three other members attended.
8. Has given several demonstrations
9. Has held recreational meetings for the Agent
10. Has seen that her club was represented at all county meetings and has taken active part in these herself
11. Her record book competed for honors with that selected as best in county and state
12. Has done best club work in county
13. At a recent meeting was elected president of the Junior Council
14. Is most responsible in leadership

The Agent has had occasion to call on her for help on several occasions and she has in each case proven herself willing and capable.

2. Canning -

All members (508) of our twenty-two clubs were enrolled in the canning project. These club members report 52,903 quart containers canned at an approximate value of \$11,577.75. The club members, also, canned 500 containers of food to be given for County Relief Work. The attached story of a club girl's work will give an account of best work done.

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Roanoke County

What Club Work Has Meant to Me

--Bernardine Duck, Vinton 4-H Club
R #1, Roanoke, Va.

Club work has been valuable in so many ways, it is hard to express what it has meant to me. At first club work meant making towels and hemming. Though in those days there were no Achievement Programs, it was an achievement to finish an article to show my Mother what I had done. I had made it my own self.

Then in 1928 and 1930 Room Improvement was selected. During these two years much was accomplished in a practical way and in appreciation by arrangement of furniture in a manner to produce a more pleasing appearance and to show to the best advantage; and cleaning and finishing woodworks. The study of color schemes and selection of pictures helped develop a sense of the artistic, even though I was too young to understand "artistic." I liked to try and follow what I learned in our club. In connection with this we made shoe bags and such for the bedroom. Here was a lesson in color for color of the articles made we were told should tone in, and the materials should not show wear. "The best value for your money" was a point given. At this time we were trained in demonstrating. Another member and I were selected to give a demonstration on "Floor Finishes" at the Roanoke County Fair. We stood on tiptoe with excitement when told we had won a \$5.00 prize. That experience gave confidence to do better.

Beginning with 1931 through 1933 "Clothing" was our project. How we did work! The first year in this work I made a set of underwear and a print dress. On the first garment I made a white ribbon was given me. This was not so good, so I determined to do better and later was awarded a blue ribbon for a slip. In the style dress reverse second honor was given me. I was learning determination to advance while doing practical things. This year I made all my Christmas gifts. The second year in "Clothing" we studied personality and care of clothing. This was interesting to me as I was now a high school girl and appearance counted so much. Posture work interested me for, as our Home Demonstration Agent told me, I had "bird wings" for shoulder blades. Determination for better posture formed in my mind, for "posture helps make the clothes." At times "old man Depression" loomed big. My problem was how to obtain materials for work. "FRED SACKS" solved this. Mother was surprised when I was awarded a gold medal as an honor for the jumper outfit I had made of sacks. I believe I was prouder of this for it showed me what could be done with almost nothing (the outfit cost 13¢). Personal care, neatness, correct type of clothing and accessories are some of the benefits of these two years in clothing other than practical skill.

It seemed impossible to like anything better than "Clothing" but our "Foods for Health" project of 1933 vied with it. Who would have thought there was so much to learn about "Bats!" All this year I have helped Mother with the meals, putting into practice club methods, even demonstrating to the neighbors. Gaming contests were of interest - I entered them all and several other contests. I helped Mother with all the canning, doing a large part of it by myself, with the result that I won two first places and a second place in the canning contests. And how happy when my book won a blue ribbon in the state contest, for I had worked hard.

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Club Work -- "what has it meant to me?" -- it has given me a confidence which I lacked, it has made me more sure of myself and more capable for I was very nervous and timid about doing things before people. The public demonstrations have done this. It has given me valuable help in homemaking. I am much more thoughtful of others for club work teaches consideration and thought of others; it has given me ideals and standards to work for. I have made many friends - my trip to the State Short Courses brought me friends from all over the state. And above all it has given me an inspiration for service and inspires me to become a better person.

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(f) Project Activities

1. Rally Day -

The club members held their Annual Rally Day in July at Lakeside. Four hundred people attended. All clubs were represented, four of which were 100% perfect in attendance; sixteen leaders were present too. At this time some of our county contests were run off. The district home demonstration agent judged the Demonstration and Correct Dress Contests. One of our local doctors judged in the Growth Contest. The meeting was conducted by the officers of the Junior Council. The results of these contests were announced after the picnic lunch. While lunch was going on all-star members distributed tickets for free rides on the "Hobby Horse" for the Lakeside management entertained the crowd with free rides and a "dip" in the pool. The program is attached.

4)

ROANOKE COUNTY

4-H

RALLY DAY

at

LAKESIDE

JULY 14 1933

1. County Contests, 1 Demonstrations, 2 Juding, 10:30 to 12:30
2. Recreation on the Grounds (In charge of All Stars same hours)
3. Picnic Lunch (Distribution of tickets for free rides) 12:30 to 1:30
4. Decision of Judges - - - - - 1:30 P.M.
5. Afternoon devoted to Recreation.

BE SURE TO:

1. Be on time
2. To make a Four-Leaf clover out of paper to be pinned on clothing. This will serve as your pass for special rate for swim. Each club should have all badges alike.
3. Bring picnic lunch.

Each Four-H Club member will be given one free ticket for a ride. Thereafter all rides will be 5¢ each to Club Members, instead of the usual 10¢.

Special rate for swim 15¢

All Four-H Club members, Home Demonstration Club Members,

Advisory Board Members and their friends and families are invited.

Jesse Hamnerly
Home Demonstration Agent

M. G. Lewis
County Agricultural Agent

COOPERATIVE EXTENSION WORK
in
AGRICULTURE AND HOME ECONOMICS
State of Virginia

VPI and USDA Coop.

EXTENSION SERVICE



HW

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2. Achievement Program -

Four hundred ninety people assembled in the Courthouse at Salem to attend the Annual Achievement Program for 4-H Club members. The Junior Council officers presided over the meeting. The program attached was given.

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ACHIEVEMENT DAY PROGRAM
FOR
ROANOKE COUNTY

Courthouse
(Salem)

November 11, 1933

10:30 A.M.

M. G. Lewis, County Farm Agent

Jesse M. Hammerly
County Home Demonstration Agent

Cooperative Extension Work in Agriculture
and
Home Economics

State of Virginia

P R O G R A M

Call to Order 10:30 A.M.

Welcome

President of Junior 4-H Club Council

Song - America

Bell Call (By Clubs)

Game - Conducted by All-Stars

Violin Solo - Dreaming

Leaders' Report - Mrs. Paul Kesler, Jr.
President State Readers' Organization

All-Star Report - Ned Chapman, President
Ben Chapman
Evelyn Goodwin

Speaker of the Day -

Miss Sally Guy Davis
District Home Demonstration Agent

Song - Downy, downy, downy

Awarding Honors for Leaders
Miss Sally Guy Davis

Awarding Honors Donated by All-Stars
Miss Evelyn Goodwin

Awarding Honors for Year's Work
Miss Jesse Hammerly
County Home Demonstration Agent

Lunch

Free Moving Picture - Salem Theater

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Clubs Reporting:

Bend - Girls - Present and reporting
Bent Mt. - Girls - Present and reporting
 Boys -- Present and reporting
Back Creek - Girls - Present and reporting
 Boys -
Bonsack - 6 Girls - Present and reporting
 Boys - Present and reporting
Brookhill - Girls - Present and reporting
Clearbrook - Girls - Present
Catawba - Girls - Present and reporting
 Boys - Present
Ft. Lewis - Girls - Present and reporting
 Boys - Present
Garden City - Girls - Present
Hollins - Girls - Present and reporting
Mt. Vernon - Girls - Present and reporting
 Boys -
Mt. View - Girls - Present
Mt. Pleasant - Girls - Present and reporting
Oakland - Girls - Present
 Boys
Oak Grove - Girls - Present and reporting
Pleasant View - Girls - Present and reporting
 Boys
Riverdale - Girls - Present and reporting
Starkey - Girls - Present and reporting
Tinker Creek - Girls - Present and reporting
Vinton - Girls - Present and reporting
Washington Hqs. - Girls - Present and reporting
Jr. Homemakers - Girls - Present and reporting

Songs led by Mrs Ruby McDermid of Catawba

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3. State Short Course -

Thirteen club members and four leaders attended the State Short Course this year. Four All-Stars were also present; when Marguerite Compton was initiated as an All-Star for Roanoke County we had five. We had five representatives in State Contests - each one won a blue ribbon except one demonstrator and she carried off a red ribbon. Mrs. Paul Keeler, Jr., one of our leaders, as president of the State Leaders Organization conducted all leaders' conferences. Marie Webb, one of our All-Stars, was secretary of the State 4-H Club organization. Mrs. Keeler's book was selected as the best leader's book in the state.

4. Contests -

<u>Name</u>	<u>No. Clubs</u>	<u>No. Members Enrolling</u>
1. Growth	17	110
2. Correct Dress	5	15
3. Davis Baking Powder	17	150
4. Judging	15	113
5. Demonstration	21	450
6. Canning	20	117

The contests carried on in the county have been incentives to club work, creating an interest in the slowest member. In each contest the members were checked by the Agent and leaders. Each club held a club contest to select its representative in the county contest; in most cases interested people were requested to serve as judges. The first winner in each club contest entered the county contest. Here again the winner in each county contest was selected as the state contestant. When the news came that our representatives at the State Short Course were all "blue ribboners" but one, and she a "red ribboner", and later that we had won three places in the State Canning Contest, one third, one fifth and fourth, interest ran riot and a number have made up their minds to try to improve as they might enter in some of the state contests too. Here in the county we have created further interest by recognizing a girl's work in contest by giving her a ribbon according to the work she has done. The Agent believes there will be better program work and better contest work next year.

5. Recreational Work -

Our recreational work has been carried on through club picnics, hikes and training club and song leaders.

6. Older Girl Groups -

(1) The Junior Homemakers:

The Junior Homemakers held their first meeting in May with ten girls present. Homemaking was taken as the project for the year, including the planning and serving of meals. Six meetings were held during the year with an average attendance of 58%. One most enjoyable picnic supper was held. Two complete kitchen sets were made out of feed sacks to be used for demonstrations, one of these presented to the State Home Improvement Specialist and one to our Home Demonstration Agent. Five girls kept and mailed their personal account for one month to Miss Settle. Nine of the members made note books, four planted dogwood trees, eight made at least two articles for their hope chest and seven canned two jars of fruit to be turned in to the Red Cross.

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(2) All-Star Organization -

Our All-Star organization serves as a Junior Advisory Board for the Junior Council and to support 4-H Club work in the county. All All-Stars in the county are members of the organization. The group has from two to three meetings a year. At each county meeting the All-Stars take some active part; for instance, at one Achievement Program the president of the unit with the help of two other members gave an interesting report on "The All-Star --What He is and Does." The president is an associate member of the Senior Advisory Board. It is the policy of the organization to offer prizes in club work every year.

(g) Club Work Helping Families -

Ninety-one club members have this year helped their families plan food, supplies; thirty members have helped to budget food expenditures; three hundred forty-three members have improved home packed lunches, eight members reported packing six or eight lunches a day other than their own school lunch; one hundred seventy-two members have helped in balancing family meals and fourteen members report using tomato and juices and more milk in child feeding. The majority of club members can and assist in the home canning. One club girl, after repeated efforts to help her mother in her cooking to make it more palatable and less wasteful, replied, on being questioned as to the help she herself had received, "Trying not to swear at Mother's cooking." This is true of some of the homes but for the most part the mothers are amenable and are glad to get the information through their girls.

(h) Leader Training -

The 4-H Club leaders of the county have had five leader meetings to date. Four of these were held by the State Food Specialist and one by the Agent. The combined attendance is 119. The leaders have worked splendidly and grow more enthusiastic in the work as time goes on. The Agent has yet to find one who has not been willing to do her best to help, even at very short notice each is willing to do. Sixty-four of the regular meetings have been held by leaders, other than call meetings. During the month of August all club meetings were held by leaders to give the Agent free time to spend on the Relief Canning Campaign. In October, 1932, the leaders organized into a 4-H Club Leaders Association. Though new, they feel that the work has been strengthened. The president is an associate member of the Senior Advisory Board. The committees appointed to work on Rally Day and Achievement Program plans assisted the Agent in this work. A short meeting for business and instructions is held at all Leader Training Meetings. The story, in her own words, of one of our best leaders is attached.

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Leader's Report of Mrs. Vernon 4-H Club
Mrs. Paul Kealer, Jr.

The Mt. Vernon 4-H Club has eleven members, nine completed year's work. Attendance for year was seventy-five percent. Three entered canning contest. Five entered Baking Powder Contest. Five attended Rally Day and two attended State Short Course, one member and myself. Our demonstration team won second place in the under fourteen years at Rally Day. The community work done: Most of the members planted dogwood; mailboxes were fixed by each girl; each girl also made articles for kitchen kit.

I attended all leader meetings, all Junior Council meetings, Rally Day, was on committee for Rally Day, had party for club last Easter (all members attended) and in August had picnic and swimming party, had twelve club meetings. We met four Saturdays during school months. Meetings were three hours. Summer meetings were well attended. I conducted and gave demonstrations at seven club meetings in absence of the Agent. I missed one club meeting this year. That was on account of serious illness.

I have made sixty-four garments this year. Gave suggestions for eleven garments to be remodeled. I have canned two hundred and fifty jars of fruits and vegetables. Tried to follow canning budget and I try to serve well balanced meals. Gave canning demonstration in two homes in which very little canning had ever been done. They had never heard of 4-H Club or Home Demonstration. Had nineteen phone calls asking how to can or preserve some fruit or vegetable. None of these were club members. Have given recipes to numbers of club members. One woman had never made strawberry preserves to keep. I gave recipe and she preserved one bushel and they are keeping. Had given recipes we had this year to numbers of people not club members.

I even try to teach posture in Sunday School class and shoes - the sensible ones. My health has been very much better and I owe it to 4-H Club. I have learned what kind of shoes to wear and how to care for myself. Drinking eight to ten glasses of water a day. I have learned so many things in 4-H Club work. I cannot be without it. It helps me so much. When I learn something new and good I like to pass it to others.

Miss Hamnerly, I am glad I can be one of your leaders. But I feel I've done so little. Someone else could have been so much better a leader than I.

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VI. SUMMARY OF YEAR'S WORK

1. There are twenty-two clubs in 4-H Work in the county with a combined membership of 508 girls. There are about 80 boys who have come into the meetings and have worked in some cases very well. They are interested. For instance, one so-called bad boy was interested enough to go home after a talk with the Agent (she really was going to scold and send him away because he was annoying, but happily she hit on a subject of interest to him), took two old tables which were considered useless and set out in the yard and from the two made a nice, substantial table, painted it gray and brought it to the club for the Agent to use in giving demonstrations. Before this, she had had to use chairs.

All the clubs have majored in "Foods for Health." "Canning" was the minor subject for all clubs. Each club has had its monthly meeting. Most of them have given demonstrations during the Agent's absence. Each club has a sponsor and all but four have community leaders. Sixty-four meetings have been conducted entirely by leaders. We have had a Rally Day and an Achievement Program for our big days. Four of our representatives at the State Short Course won blue ribbons in the State Contests held then, and one a red ribbon. One club girl won third place in one state canning contest and fifth in another; still another girl won fifth place in one state canning contest. One of our members was made an All-Star. The County Junior Council, the All-Star Organization, and the 4-H Club Leaders Association have each been active in promoting club work. Four clubs have had 100% of leader attendance at leaders' meetings.

2. There are seven Home Demonstration Clubs in the county, with from two to three leaders. The third leader serves as a substitute. The number of leaders is eighteen. All leaders have attended training meetings at some time during the year. Two clubs have had 100% attendance of leaders at leaders' meetings.

The major project for women was "Home Management - Stressing the Kitchen." The minor project was "Food Preparation." There are 155 members.

We have had no particular contest in our major but in the District Garden Demonstration Contest our woman won first place. In the state canning contest one woman won fourth place and the other was placed seventh.

Five clubs reported the year's work at the Annual Achievement Program.

3. Is anyone ever completely satisfied with his work? If so, there is no progress and there is plenty of room for progress in all directions in Extension Work. The work has grown, interest is growing. Mothers are beginning to see the value of club work to their children. One 4-H Club was organized without the Agent's knowledge. Then she was requested to come to their meetings. Needless to say, she went.

This morning, Nov. 23rd, the Agent was called to the phone at 5 o'clock and informed by a rather interested woman that "sixteen of us met yesterday and

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formed a Home Demonstration Club and elected our officers. Will you set a date for us and tell me when the next leaders' meeting is so I can tell the leaders?" And again, needless to say, the Agent set the date and gave the information. "Et tu, brute." There are other communities wanting to form clubs. The Agent has been called upon by ten Parent-Teacher Associations to give talks on club work and the underprivileged child.

VII. PLANS AND GOALS FOR 1934

1. Regular meetings for both adults and juniors
 2. 100% completions in all clubs
 3. Community leaders for all clubs
 4. To enroll more members - adults and juniors
 5. A year book for each club
 6. Each club member give a demonstration and take active part in programs
 7. To continue Growth Work - improve posture
 8. Better Food Habits for Club Members
 9. To have all clubs represented in all county and state activities
 10. To have 100% of attendance of leaders at both Senior and Junior Leaders' Meetings
 11. A County Rally
 12. A community project for all clubs
 13. Better records
 14. Achievement Programs
 15. A more systematized and stronger club work for both Seniors and Juniors
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ITEMS

OF

RECORDED INTEREST

PICTURED STORY OF GARDEN



The Spring Garden -----Being worked over by Mr.
Adams and his son-in-law



Getting Plants from the Hot Bed to Plant in
the Garden



The Family and Some Friends Invade the
Turnip Patch



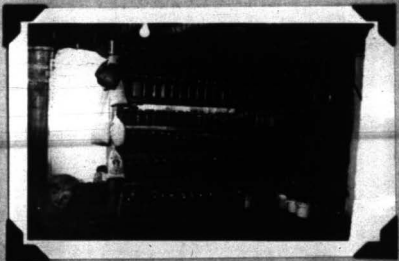
Mrs. Adams does some canning



A Home Drier copied from the Home
Demonstration Agent's Drier -
results-sacks of dried foods.

Also

Showing some samples of stored foods.



One section of Mrs. Adams' Pantry Shelves

All canning, drying, and storing done entirely
by herself - yet she finds time to help her
neighbors to can and to make apple butter.



All fall and winter the Adams Family will have
fresh salads, etc. from the fall and winter garden

STATE OFFICERS



Mrs. Paul Keeler, Jr
President--State 4-H Club
Leaders' Association--1933



Marie Webb--Secretary
State 4-H Club Organization



Another Garden Demonstrator
(Oak Grove)--Mrs. Luther Martin



Marguerite Compton
Our Best Club Girl



Four
"Blue Ribboners" and a "Red Ribboner"
State Short Course

Blue:

Health

Correct Dress (First Place in Her Class)

Girl's 4-H Club Foods Book

4-H Club Leader's Book (Best in State)

Red:

Demonstration



Renoke Delegation
State Short Course



Bernardine Buck
A Good Cammer
Several Times a Prize Winner



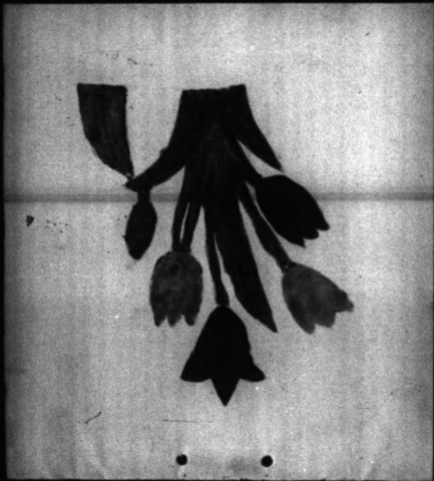
One Small Gardener



Catawba Club Members and Families
Held
Community Picnic



(Miss Dunch)
Miss Fannie Kesler, Club Leader
and
Her Two Winning Teams
(Demonstration Contest)



Mothers of the 4-H girls
We want you all to come
To our regular March meeting
And help to make it fun.

Our Roanoke County agent,
Miss Hammeby by name
Is going to give us a talk
On 4-H ideals and aims.

The talk will be demonstrated,
By members two and two,
Come! we want to show you
That 4 girls can be.

We want your cooperation
To "Make The Best Better"
So that Lead, head, hand & home
Will mean more than a figure
and letter.

Invitation Sent out to Parents of Members

SAMPLES OF NEWS ARTICLES

SAMPLES OF NEWS ARTICLES

CHEESE—ANOTHER "LIVE AT HOME" FEASIBLE

By Miss Jean Hammett

Cheese is one of our oldest foods. In ancient times—long before factories came into vogue—cheese was used as an excellent form in which to preserve the nourishing qualities of milk. Now in 1933, so in historical times an excellent form of home-made cheese may be prepared in the home where there is plenty of milk. With the milk on hand, this cheese may be made at a very small cost. The demonstration on "American Cheese Made in the Home" was given to the homemakers of Roanoke county by Mr. D. Saunders, our state cheese specialist, sanctioned by the Home Demonstration Agent. Further information of this may be secured at her office in the courthouse at Salem.

Cheese is one of the best foods to be made, or, for that fact, to be bought, and may be considered a bargain in price. Its price today is the lowest in 25 years.

A homemaker may class cheese as a main dish for along with meat, fish, and eggs, it is rich in protein and fat. It is high in calcium and phosphorus and is a good source of vitamin "A." Not only does cheese make an excellent main dish, but it also adds flavor and food value to many other parts of the meal. From soup to salad, from vegetables and bread to dessert. Because of its appetizing flavor cheese combines well with mild flavored foods, especially starchy foods like bread, macaroni, rice, spaghetti, noodles, hammy or potatoes. Any number of appetizing delicious low cost dishes may be made by combining cheese with one of these starchy cereal foods. The more flavorful ones which combine well with cheese are tomatoes and onions.

Not Indigestible

Often the question, "Don't you think cheese is indigestible?" is asked. No, it is not indigestible

when cooked and eaten properly. The bad reputation of cheese is earned when cheese is eaten at the end of a meal—a big piece with apple pie, just after we have already filled upon other rich foods. Cheese is concentrate—it should have the place of honor as the nourishing food at the meal.

The way cheese is cooked has a good deal to do with its digestibility. It is so easily overcooked. It needs low heat and little cooking. Long cooking or at too high a temperature will make it stringy, lumpy or tough. Cheese dishes cooked a very short time at a very modern's temperature have no chance to form a leathery indigestible mass. Cheese grated, shaved, flaked, or cut in small pieces and combined with the rest of the ingredients melts more quickly and takes less time to cook.

If you are fond of cheese try making it yourself in your own home and then prepare it in any of the following low-cost dishes:

Cheese Dishes

Cheese Soup — A cream soup flavored with cheese, a little onion juice and chopped parsley. With toast this makes almost a whole meal in itself.

For a cheap main dish for the family dinner there's a baked cheese dish—a pound of cheese, a pint and a half of milk and 3 or 4 cups of bread crumbs.

Then there's tomato rabbit, Welsh rabbit, cheese with tomatoes and rice, cheese soufflé, cheese and eggs, cheese with macaroni and tomatoes, cheese scalloped with cabbage and spaghetti, cheese with potatoes, with hammy or hammy grits, cheese and rice croquettes. Cheese crockets, made just by grating cheese on crackers and toasting them under a flame are good with soups and salads.

Cheese sandwiches are always

popular. Grated cheese is served in soups, on salads, on baked dishes, and on pie. For an economy meal there is Cheese soup and having for the main dish, creamed cabbage; apple and celery salad; cinnamon bun for dessert—with coffee for groverage and milk for the children.

A good recipe for cheese dish is:
2 cups corn meal
2 cups cold water
2½ to 3 cups boiling water
3 teaspoons salt
¼ to ½ pound cheese in very small pieces

4 tablespoons of fat for frying.
Stir the cold water into the corn meal. Add the boiling water and salt and cook in a double boiler for one hour. Add the cheese and stir until it melts and then pour into a dampened loaf bread pan, and let stand in a cold place until firm. Cut in slices half inch thick, brown slowly on both sides in the fat, and serve at once.

Home Demonstration Department

PRESERVATION OF SURPLUS EGGS

A Follow-Up of the Live-at-Home Program

In view of the fact that every one should have eggs in some shape or form every day—some of the housewife's problems is "How to get the necessary eggs during that time when eggs are scarce or if she has no poultry flock—how to secure eggs during that time of higher prices?" One answer to this problem is to "Save the Surplus." And in the case of the later-buy them while cheap and preserve them. At this season many farm and suburban families have surplus eggs on hand and want to know how to preserve them for cooking purposes winter.

Specialists say that eggs preserved in WATER GLASS in April or May will be good for cooking up to November or December. That sounds good to the housewife when she thinks of the eggs she likes to use for extra Christmas cakes. When money for food is scarce, as it is with so many of us, this is a wise economy for we have so many times repeated "Eggs are important items in the diet the year 'round." They're so important for growing children that nutritionists recommend an egg a day, if possible, for every child over two years of age. For younger children they recommend the yolk only. The white part of the egg is almost a pure solution of certain proteins of high value in body building and repair. The yolk of the egg is high in fat, and contains some calcium needed for bone and tooth building. Certain vitamins necessary for growth and development are found in the yolk.

Water Glass Used

It is probable that no other article of food can be used in a greater number of ways than the egg. Last week we took up at greater length the cooking of eggs in a different way to overcome that certain weariness of the same food which has to be had daily. Instantly, you can see eggs preserved in Water Glass

for all purposes in cooking and on the table. When you are going to boil powdered eggs, first make a small hole with a pin at one end of the shell. Otherwise the shell will crack during the cooking. The tiny hole allows the air in the egg to escape as it heats and expands.

Now, how to preserve the surplus egg supply—for good results—select your eggs very carefully before you put them in the waterglass. Only those that are clean, fresh and infertile. Dirty eggs will spoil, and if you wash them you will remove the natural protective covering on the shell which helps to prevent spoilage. One spoiled egg may help to contaminate others in the lot. Observe, however, tiny cause spoilage.

For safety sake—candle every single egg before putting it in the water glass. All cracked and weak eggs should be used at once while fresh. Usually, the crack of waterglass is prepared and then a few eggs are put down in it whenever they are not needed for immediate

use. A five-gallon crock is a convenient size for this purpose. Set it at once wherever you plan to keep it, before you put in the waterglass or the eggs. Moving it about later may crack the eggs. 15 dozen eggs may be packed nicely in a five-gallon jar, and still allow at least two inches of waterglass solution to cover the tops of the eggs.

Preparation of Eggs

To prepare the crock and to make the preserving solution—first clean the crock thoroughly; scald it and allow it to dry. Heat a quantity of water to the boiling point and allow it to cool. When cool, measure out nine gallons of water and add one quart of sodium silicate or waterglass, which you can buy in any drugstore. Mix weak. You can put the eggs in the solution whenever you have some to spare. Lower them carefully into the crock to avoid cracking them. Be very careful to keep at least two inches of the solution over the tops of the eggs (the top layer). Keep the crock well covered to prevent evaporation. If the solution evaporates considerably you may add more of the same solution mixed in the same proportions. Several thicknesses of wax paper tied over the top will be quite satisfactory in helping to prevent evaporation. This is easy to remove when you wish to add more eggs. Where waterglass cannot be bought, eggs may be preserved in lime-water solution. Dissolve two or three pounds of unslaked lime in five gallons of water. Use the clear liquid remaining after the lime has settled to fill the crock, just as you would use the waterglass solution. For more information apply to your county home demonstration agent.

Egg-Messes

For our mess with eggs—Eggs in blankets. Hot rolls, potato chips, asparagus salad with French Dressing or white cake with fruit sauce.

Fresh Asparagus, which you should have in your garden just now will make a delicious spring salad. Of course, the canned asparagus may always be used. An easy way to prepare the salad is—drain the asparagus. Lay several pieces together on one crisp lettuce, a strip of red tomato across the asparagus stems gives a pretty bright color—pour on the French dressing; containing a small bit of mustard to give it an additional flavor. The fresh asparagus after being cooked may be used in the same way.

Just a hint about cleaning asparagus—in sure to clean it well—the vegetable brush is indispensable in cleaning any kind of vegetable in order to brush out all particles of grit. Cut off the tough ends of the asparagus lengths. This will also give you a way to get the stems of an equal length, shuck off any tough skin. Cook carefully and gently in order not to break the tender tips.

Eggs in Blankets

1 cup sweet milk, two tablespoons butter, 1 1/2 tablespoons of flour, 1-2 teaspoon salt, dash of pepper—cooked together until moderately thick is a double boiler.

Pour this white sauce in a greased baking dish, and then break into the white sauce, 6 or 8 eggs, whole—place a small amount of butter in dots over the top, sprinkle with salt and pepper (paprika gives a pretty red color). Place in the oven and bake until the eggs are set.

WINNERS AGAIN

Once more Roanoke County youngsters have demonstrated their ability in competition with representatives from other sections of the state. Over at Blacksburg yeast week the annual Short Course for 4-H Clubs was conducted, and under the capable direction of Miss Jesse Hamner, Roanoke County Home Demonstration Agent, every competitor entered in the state-wide contests carried off honors.

Mrs. Paul Kessler, Jr., leader of the Mt. Vernon Club, was president of the State Leaders association during the past year and presided at the Blacksburg meeting. Mrs. Kessler likewise won the state Sweepstakes for having the best leaders club book.

Marguerite Compton, of Vinton, took the highest award in the correct dress contest, while Frances Payne, son buxer, and Bernadine Buck also carried off honors. The work of these young folks is an indication of a fine organization that is being conducted in Roanoke County, the results of which are far reaching and cannot be measured by the small financial outlay expended in carrying on the 4-H program.

COUNTY CLUB MEMBERS WIN IN STATE CONTESTS

Announcement has been made that several members of the Roanoke County Home Demonstration clubs and 4-H club members were winners in the state winning contests.

Mrs. Joe Lammeter, of the Oakland Home Demonstration club, who was awarded first place in the county and second in the district contest, was fourth place in one state contest.

Mrs. C. W. Tyer, of Friesen's Vine Home Demonstration club, who was first place in the county and second in the district was seventh in another state winning contest for women.

Eldest Kessler, who won first place in the county contest for girls, and first in the district, was fifth place in the third state contest. Bernadine Buck, who won out first in the county and district contests, was third place in the fourth state contest.

Home Demonstration Department

MRS. J. W. ADAMS WINS

Mrs. J. W. Adams of the Bonack Road Home Demonstration Club has been declared winner of the District contest in Demonstration Gardens for women. Mrs. Adams won first place in the contest in the county, which has been carried on during 1933 in Home Demonstration Week.

The work was judged on points: Garden plan, care of and variety of garden produce, records of garden showing value of produce used during garden season, value of that given away, value of that sold, value of canned stuffs from the garden, value of produce stored and used for winter use, value of garden as it now stands, work story of her work and an exhibit of her canned and stored foods. The records show an approximate evaluation of \$240.

Mrs. Adams has followed very closely year LIVE-AT-HOME project, and can well say that she will live at home on the products of her garden this winter. At present she has a splendid winter garden from which she will be able to have fresh salads, carrots, and such, all winter. For this splendid work and effort on the part of Mrs. Adams, she was declared first winner of the District contest for which she will receive one of the large pressure cookers, offered by the State Canners Company, who is sponsoring this contest, in cooperation with the State Extension Service. Mrs. Adams will be very glad to give any one interested any information desired.

Mrs. G. W. McVey and daughter, Mrs. J. H. Dunaway, Mrs. Milton Boone, Mrs. Della Davis, Mrs. M. E. Berry, Mrs. Nellie Hartman, Mrs. J. R. Hart, Mrs. I. D. Chapman, and Miss Jesse Hamner returned Saturday from Blacksburg where they have been attending the Virginia Homemakers Association for the past week.

DOGWOOD CAMPAIGN

Throughout the state of Virginia a great effort is being put forth to protect and increase the supply of dogwood—the Virginia state flower. Home Demonstration club members and 4-H club members are helping to wage this campaign. Each member of both divisions is planting three dogwood trees in her own yard and in many cases the club members are influencing others, in addition to club members, to plant dogwood in their home yards. The program is four fold: first is to increase the supply of dogwood, which

(Continued on Page Five)

(Continued from Page Three)
up to this time has been decreasing due to careless holding makers; second, to put the state flower back in Virginia in such a way as to protect it from vandalism; third, to beautify their own yards; and last, yet equally important, to show their gratitude by having the state flower in their home yard. The Brookhill 4-H club has reported 100 per cent membership planting of three dogwood trees in the home yard. If all the clubs send in such a good report we need not fear that the state flower will die out in Roanoke county.

DEMONSTRATION AGENT ANNOUNCES SCHEDULE

Miss Jean Hammett, Roanoke county home demonstration agent, announces the following schedule for next club week:

Monday, the Roanoke 4-H club will meet at 9:30 a. m.; the Pleasant View 4-H club at 7 o'clock; and the Victoria 4-H club at 9:30 o'clock.

Thursday, the Shenandoah 4-H club will meet at 9:30 a. m.; and the Tucker Club club at 1 o'clock.

Wednesday, the Washington Heights 4-H club will meet at 9:30. The home demonstration leaders' conference will be held at 12 o'clock and the Roanoke home demonstration club will meet at 9 o'clock.

Thursday, the Mountain View 4-H club will meet at 9:30 and the Oakland home demonstration club meets at 1:30. Friday, the Mount Vernon 4-H club meet at 9:30 and the Beech Mountain 4-H club will meet at 12 o'clock p. m.

On Saturday, the county agent will be in her office in the courthouse in

The Roanoke County 4-H Clubs will hold their annual Achievement Program November 11, in the Courtroom at the Courthouse in Salem. The program will start at 10:00 A. M. Once a year the clubs of the county come together for a combined meeting to give their reports of work done by club members. All representatives will report. Miss Sally Gray Davis, District Home Demonstration Agent, and Mr. Gordon A. Elam, State Byrd's Club Agent will speak, honor and praise won by club members will be awarded by the agents. The Salem Theatre will entertain the club people at a free movie after the program.

Reorganization of 4-H Clubs Effected For The New Year

Reorganization of 4-H clubs throughout the county has been effected by the new year. Requirements as to club size will be laxer for club members to become home club leaders February, were announced at these meetings also.

Officers elected for the various clubs were: Garden City, president, Harold Macomber; vice president, Rosella Holt; secretary-treasurer, Mildred Ward; club reporter, Jeannette Babson; cheer and song leader, Evelyn Stanley; club leader, Miss Martha Hays; and club sponsor, Mrs. Julia Loderick. Catons, president, Lou Martha; vice president, Virginia Miller; secretary-treasurer, Lonnie Larson; club reporter, Madeline Hill; song and cheer leader, Coraie Zimmerman; club leader and sponsor, Miss Ruby McCasland.

Marion Vernon, president, Park Beauty; vice president, Genevieve Beckwith; secretary-treasurer, Mildred Green; club reporter, Fern Christian; song and cheer leader, Faye Neely; and club reporter, Miss Lou Leander. Dr. and Mrs. Emma Lee Barber; and sponsor, Miss Anna Good. Roanoke, president, Marie Truesher; vice president, Mildred Wright; secretary-treasurer, Gene Martin; song and cheer leader, Jean Bell; cheerleader, club reporter, Mildred Martin; club leader, Mrs. Palmer H. Clay; and sponsor, Mrs. W. E. Layman.

Shelby, president, Margaret Sharkey; vice president, Bernice Wagoner; secretary-treasurer, Lucille Bennett; club reporter, Dorothy Bennett; song and cheer leader, Beulah Bragg; club leader, Mrs. L. Carter; and sponsor, Mrs. Beulah Murphy.

Tucker County, president, Mattie Owsens; vice president, Christine Taylor; secretary-treasurer, Mildred Barber; song leader, Coraie Hoffman; and cheer leader, Mildred Doyle.

Homemakers Advised To Keep Up To Date On Events of Times

"Keep abreast with the times; read your newspaper and news articles, that you may be correctly informed of the events of your own time and place—of the duty of every homemaker," Miss Mary Bellie, state home improvement specialist in the Roanoke county Homemakers assembled for their annual achievement day program at the Roanoke county women's clubhouse.

A brief report of the year's work done in home demonstration work in the county was made by Miss Jean Hammett, county home demonstration agent. The program included: a special selection by Forest Jamison, demonstration on "Attractive Interiors" by Genevieve Beckwith and Fern Martin; of the Mount Vernon 4-H club, a group of songs—"In a Little Town, Jesus"; Florence Malley, and "April Pans," Gene Chandler, sung by Mrs. Frank Jones, with Miss Marie Davis, playing the piano accompaniment.

Reports on Garden Work.
A report of her demonstration program work was made by Mrs. J. W. Adams, of the Beach road club, "What Club Work Has Meant to Me," was the subject of a talk by Mrs. Cora Rhodes, of the Hanging Rock club.

Clubs submitting reports on this occasion by their representatives were as follows: Garden road, Mrs. Clara Jones; Hanging Rock, Mrs. L. E. Johnson; Oak Grove, Mrs. Anne Gray; Oakland, Mrs. H. E. Kennedy; Pleasant View, Mrs. C. W. Byrd. Each club reports on the work of progress—home improvement, and the other. Club preparation and the subject of "Fifty-Five Cents' Worth of Report" there was a roll call, titled "The New Year" in which attention was called to Santa Claus would bring each woman in her home work. One member reported that Santa had brought 25 packages—made by re-arranging her kitchen equipment. Another said that she had saved 11 miles by changing the plan for hanging her club. The program was conducted by "The Faith Club" and "The Path of Justice Home," institutions by Miss Clara Brown. Refreshments were served by the home demonstration advisory board.

4-H CLUBS STAGE ANNUAL PROGRAM

Prizes Awarded at Achievement Rally With All 22 Groups Represented

"Achieve for better progress, for the growth of your job, for cooperation with others and for a better understanding," urged Miss Betty G. Davis, district Home Demonstration agent, in an address on "Club Achievements" to a group of 200 4-H club members and friends at the county courthouse in Salem, gathered for the annual achievement program for 1934 club work.

All of the 22 county clubs were represented. Miss Betty Goodwin and Ned and Ben Chapman gave explanations of 4-H club work, and Mrs. Paul Kester, Jr., president of the State Leaders organization for 1934, gave the

leadership report. M. G. Lewis, county farm agent, also spoke.

A credit roll was given by Bernardine Buck, of the Vinton club, and Miss Evelyn Goodwin conducted interclub games. A demonstration of the well-known and well-liked school lunch was given by Miss Mildred Kester and Miss Helen Barton, of the Tinker Creek club. Songs were led by Miss Ruby McDermond, of Catawba.

Honors and prizes were awarded by Miss Davis. Miss Evelyn Goodwin and Miss Jessa Hammon, county home demonstration agent. The meeting was conducted by the Junior 4-H Council, of which Frances Payne is president.

Honors awarded were: Violin, championship teacher as best club in county; Marguerite Compton, of Vinton, watch, as girl doing the best work; Frances Payne, of Vinton, watch, girl doing second best work; Alice Mae Mullins, of Tinker Creek, 4-H medal for the best reporter work; Frances Payne, of Vinton, five trip to State short course for best growth work; Louise Hubbard, of Back Creek, watch, for second best growth work; Bernardine Buck, of Vinton, watch, for best 4-H club book; Nellie, year's subscription to 4-H club magazine for having greatest number of completions; Mrs. Paul Kester, Jr., of Mount Vernon, leader's pin, for exceptional work; Mrs. Carrie Bushkin, leader's pin, for best club work; Miss Fannie Kester, of Tinker Creek, leader's pin, for best work in county.

Recommended for Work

Leaders and sponsors recommended for their good work: Mrs. N. R. Cox, Washington Heights; Mrs. Palmer B. Clair, Boone; Mrs. E. K. Short, Vinton; Mrs. W. O. Kent, Vinton; Miss Annette Parker, Madison; Mrs. R. E. Ross, Riverdale; Miss Ruby McDermond, Catawba; Miss Mary Turner, Best Mountain; Mrs. Elizabeth Searcy, Berkeley; Mrs. Catherine Harris, Back

Creek; Mrs. W. K. Laganon, Mountain; Miss Evelyn Goodwin, Post Letwin.

Mildred Kester, of Tinker Creek, gold 4-H pin, winner of leading teacher contest; Dora Goodwin, of Mount Vernon, silver 4-H pin, winner of second place in the contest; Mildred Kester, of Tinker Creek, three-year subscription to 4-H magazine and 30 cents for working clothing contest; Bernardine Buck, of Vinton, second, three-year subscription; Mrs. Janet Gill, of Vinton, third, 30 cents; Bernardine Buck, of Vinton, material for a dress, first in ball contest; Janet Gill, of Vinton, three-year subscription to magazine, second; Virginia Bushman, of Bond, one-year subscription, third; Bernardine Buck, of Vinton, three-year subscription to magazine and 30 cents, first in sewing contest; Alice Clark, of Washington Heights, three-year subscription, second; Mildred Kester, of Vinton, three-year subscription, third; Marguerite Compton, of Vinton, trip to State short course, first in earned dress contest; Virginia Bushman, Bond, material for a dress, second; Corrie Lavender, Best Creek, handicraft, third.

Helen Soder, of Tinker Creek, trip to State short course, first in demonstration contest; Virginia Bushman, and Mildred Kester, Bond, one dollar each, second; Bernardine Buck, and Frances Payne, of Vinton, 50 cents each; third; Mildred Kester and Helen Barton, of

Tinker Creek, one dollar each, first in the junior demonstration contest; Fay Beatty and Cecile Beatty, of Mount Vernon, one-year subscription to magazine and 30 cents each, second; Louise Woodward and Elizabeth Allen, of Washington Heights, year's subscription to magazine, third.

Best school three-year subscription to magazine, best attendance at rally, Bond, first; Mount Vernon, second; and Catawba, third, in attendance at achievement program, each getting three-year subscription as incentive.

Vinton, Tinker Creek, and Mount Vernon, one-year subscription to magazine, for best teachers.

At the conclusion of the program, the members were treated to a morning picnic, a part of which was a 4-H 4-H picnic work.

4-H CLUB LEADERS PLAN CAMP AND RALLY DAY

Plans were made for a county camp and rally day on the morning of the 4-H club leaders of Boone county held Friday at the school house of the Appalachian Electric Power Company.

Mrs. N. R. Cox, president of the leaders club, was in charge of the program. Miss Jessa Hammon, Boone county home demonstration agent gave two demonstrations on "Six Dishes for Main Course" and "Big Dish for Company."

The subject committees were appointed for the projects for the year's work. County "Camp and Rally Day" committee, Mrs. O. C. Bushman, of the Bond club; Mrs. Paul Kester, Mount Vernon, and Miss Virginia Correll, of the Post Letwin club.

County council, Mrs. E. K. Short, of Vinton, and Mrs. Tolson, of the Tinker Creek club. Achievement day committee, Miss Fannie Soder, of the Bond creek club, and Mrs. B. C. Clark. Another committee composed of Mrs. Mary Wirth, of Goldsboro, and Mrs. Kent, of Vinton, was appointed for camp. The leaders adopted the citizenship plan for 1934. All work accomplished.

(C) 1934. B. H. HARRIS.

VINTON

Local Personalities — News Items

Canning Demonstration

Vinton, Aug. 12.—Miss Jeanne Hammon, home demonstration agent working in cooperation with Miss Olive Smith, of the County Welfare Department, the Red Cross Department and the R. F. C. will give a demonstration on drying, storing, and canning of foods Monday, August 13, at 1:30 p. m. in the basement of the Wesley Christian church. This demonstration is for the purpose of giving food preservation information to the people of the county who were furnished garden seed during the spring. All are requested to attend by the Welfare Department plans to give help only in preparation for what the people have done for themselves this summer from their gardens. Any others interested are invited to attend.

PROJECT SELECTED BY 4-H CLUBS FOR 1934

Miss Betty Gray Davis, district home demonstration agent, conducted the selection of the major project of work for the 4-H clubs of Buchanan county for the year 1934, at a meeting of the 4-H Public Council of Buchanan county held recently.

The meeting was conducted by Frances Payne, acting president, and Miss Newman, acting secretary. M. G. Lewis, farm agent and Miss Jeanne Hammon, county home demonstration agent, gave introductory talks.

Members representing their respective clubs voted unanimously to give a month's trial of home work on "Breakfast, Dinner and Supper." The basic purpose of the project is the selection, preparation and serving of meals, correct table service, manners and care in using both good and bad fats, standards through judging the finished product, and how to use home grown foods economically and to conserve the surplus by canning. The project for the past year has been "Foods for Health," which project was thought a suitable follow-up.

Plans for Achievement Day which will be held in November were made. Margarette Compton, a new all-star of the county with the assistance of Kathleen and Evelyn Goodwin, two other all-stars, led in the staging of several club songs and also in a series of games. The songs and games prepared are to be used in club work during the coming year.

Demonstrations of Food Canning Will Be Given in County

Among the first in a series of demonstrations on food preservation for persons who have garden plants from seed distributed by the County Welfare board, will be two demonstrations to be conducted today by Mrs. J. M. Barker, of Vinton.

Mrs. Barker, a volunteer worker, who has studied and had practical experience in home economics and the making of it, will give demonstrations on the canning, drying and keeping of foods.

News Groups Today. She will meet with the women of the Mason's Cove section at 10 o'clock this morning at the home of Mrs. W. B. Smith. At 2 o'clock this afternoon, she meets the women of the Hanging Rock and Kingsport sections at the home of Mrs. Clara Mitchell.

Through the co-operation of the County Welfare department and the county home demonstration service, all families who have received free seed and potatoes from the Welfare board for gardens, will be given an opportunity to learn, by means of the garden visits by water, the improved domestic science, instruction, extension experts and home demonstration workers have been assigned in this service. The demonstrations will be held in various neighborhoods. Seed for nearly 1,000 gardens was distributed by the County Welfare department and the development of it has been supervised by the county agricultural agent and the Red Cross club members of the county.

Home Demonstration Notes

Chickadee Club Meet.
The Hanging Rock, Pleasant View and Oakland Home Demonstration clubs met last week. Each club was given a demonstration on "Attractive Etiquette" which was followed by a discussion of economical and practical ways in which each home worker, practicing her particular problem, might improve and make her kitchen more attractive. The Oakland club was given a five-minute discussion on parliamentary law. Leaders present were: Mrs. Clara Mitchell, of Hanging Rock; the club met with Mrs. Hutchins; Mrs. Joe Lancaster and Mrs. E. E. Kennedy, leaders of the Oakland club, which met with Mrs. Lancaster; and the Pleasant View club, which met at the home of Mrs. C. H. Grant.

FIRST LEADERS' MEETING

The Buchanan County 4-H Club Leaders met with the Home Demonstration Agent in the Kitchen of the Appalachian Electric Power Company on Saturday for their first leader's training meeting of 1934. Miss Janet Conover, Food and Nutrition Specialist from the State Extension Service at V. F. I. met with them and gave the demonstration on project work. These demonstrations were as follows: 1. Table Service and Courtesy; 2. Fruits and Cereals; 3. Breakfast; Main Dishes, also, giving instructions in current dishwashing.

The planning of club work and instruction was conducted by the Home Demonstration Agent. Leaders present were: Mrs. Paul Keeler Jr.; Mrs. Callaway; Mrs. E. K. Short; Miss Margarette Compton; Miss Katherine Pundleton; Miss Doris Hagler; Miss Mary Tatum; Miss Ruby McDonald; Mrs. Cassie Buchanan; Mrs. Palmer St. Clair; Miss Annette Fisher; Mrs. C. E. Keeler, and Miss Fannie Keeler.

4-H CLUB NOTES

Chickadee Club.
The Pleasant View, Oakland, Hanging Rock and South Mountain 4-H clubs held special meetings last week after an organization meeting each club was given a demonstration on "Table Service and Table Etiquette" by the home demonstration agent, Miss Jeanne Hammon. Leaders and members who attended were: Mrs. Mary Steward, Miss Helen Ruby, Mrs. Catherine Harris and Miss Mary Turner.
New officers for the Pleasant View club are: Gladys Gledhill, president; Louise Spence, vice-president; Della Brown, secretary-treasurer; and Virginia Saunders, club reporter. Mrs. H. H. Shubert will act as leader.
The Miss Ledlow will serve as president for the Oakland club for the year with Lewis Brown, vice-president; Lillian Farris, secretary-treasurer; and Jean Brink, reporter. Frances Brown will act as song and cheer leader.
The Park Creek officers elected were: Helen Boyd, president; Bertha Nelson, vice-president; Mildred Nelson, secretary-treasurer; Vivian Gibson, reporter; and Thelma Laidlaw, song leader.
Those who will serve for the South Mountain club are: Edna Robbin, president; Margaret Simpson, vice-president; Lulu Huff, secretary-treasurer; Elizabeth Terry, reporter; and Helen Robbin, song leader.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

U. S. Department of Agriculture
and State Agricultural Colleges
Cooperating

Extension Service,
Office of Cooperative Extension Work
Washington, D. C.

ANNUAL REPORT OF COUNTY EXTENSION WORKERS

This report form is to be used by county extension agents, such as county agricultural agent, home demonstration agent, club agent, and negro agent, reporting on their respective lines of work.

State Virginia County Roanoke
Report of Jesse W. Hammarly County Home Demonstration Agent
(Name) (Title)
From _____ to December 30, 1933

If agent has not been employed entire year, indicate exact period. Agents resigning during the year should make out this report before quitting the service.

READ DEFINITIONS, PAGE 3



HOME DEMONSTRATION AGENT ANNUAL REPORT

Approved:

Date _____

Maudie E. Wallace
State or District Supervisor.

Date _____

State Extension Director.

SUGGESTIONS RELATIVE TO THE PREPARATION OF THE COUNTY EXTENSION AGENT'S ANNUAL REPORT

The annual report should be a summary, with analysis and interpretations, for presentation to the people of the county, the State, and the Nation of the extension activities in each county for the year and the results obtained by the county extension agent, assisted by the subject-matter specialists. The making of such a report is of great value to the county extension agent and the people of the county in showing the progress made during the year as a basis for future plans. It is of vital concern also to the State and Nation as a measure of rural progress and a basis for intelligent legislation and financial support of extension work.

Separate statistical and narrative reports are desired from each leader of a line of work, such as county agricultural agent, home demonstration agent, boys' and girls' club agent, and negro agent, regardless of title. Where an assistant agent has been employed a part or all of the year, a report on his or her work should be included with the report of the leader of that line of work. Where an agent in charge of a line of work has quit the service during the year, the information contained in his or her report should be incorporated in the annual report of the agent on duty at the close of the report year, and the latter report so marked. Where two or more agents are employed in a county, each a leader of a line of work, statistics should not be duplicated.

At least four copies of the annual report should be made: One copy for the county officials, one copy for the agent's files, one copy for the State extension office, and one copy for the Extension Service, United States Department of Agriculture. The report to the Washington office should be sent through the State extension office.

NARRATIVE SUMMARY

The narrative report should summarize and interpret the outstanding results accomplished and the extension methods used, under appropriate subheadings, for each project. Every statement should be clear-cut, concise, forceful, and, where possible, reinforced with necessary data from the statistical summary. Use an interesting style of writing, giving major accomplishments first under each project. Give extension methods fully relating to outstanding results only, and where practicable illustrate with photographs, maps, diagrams, blue prints, or copies of charts and other forms used. Full credit should be given to all cooperating agencies. The lines should be single-spaced, with double space between the paragraphs, and reasonably good margins. The pages should be numbered in consecutive order.

The following outline is suggestive of how the narrative report may be clearly and systematically presented. Each agent should adapt the outline to the situation and the work to be reported.

SUGGESTIVE OUTLINE OF ANNUAL NARRATIVE REPORT

- I. Cover and title page.
- II. Table of contents.
- III. Status of county extension organization.
 - (1) Form of organization—changes and development.
 - (2) Function of local people, committees, or project leaders in developing the program of work.
 - (3) General policies, including relationships to other organizations.
- IV. Program of work; listing goals set up, methods employed, and results achieved.
 - (1) Factors considered and methods used in determining program of work.
 - (2) Project activities and results.

<ol style="list-style-type: none"> (a) Cereals. (b) Legumes and forage crops. (c) Potatoes, Irish. (d) Cotton. (e) Tobacco and other special crops. (f) Home gardens and home beautification. (g) Market garden and truck crops. (h) Fruits. (i) Forestry. (j) Rodents and miscellaneous insects. (k) Agricultural engineering and home engineering. (l) Poultry. 	<ol style="list-style-type: none"> (m) Dairy. (n) Other livestock. (o) Farm management. (p) Marketing, farm and home. (q) Foods and nutrition. (r) Child training and care. (s) Clothing. (t) Home management. (u) Home furnishings. (v) Home health and sanitation. (w) Community activities. (x) Miscellaneous.
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------
- V. Outlook and recommendations, including suggestive program of work for next year.
- VI. Summary of activities and accomplishments, preferably of one or two typewritten pages only, placed at the beginning or end of the narrative report.

STATISTICAL SUMMARY

To supplement the narrative part of the report, and in order that comparable State and National summaries may be made, it is necessary to include a statistical summary of the work in each county. The following form has been prepared to insure uniformity of reporting:

DEFINITIONS OF TERMS USED IN THIS REPORT

1. A program of work is a statement of the specific lines of extension work to be undertaken by the extension agent during a year or a period of years.

2. A plan of work is a definite outline of procedure for carrying out the different phases of the program of work. Such a plan provides specifically for the means to be used and the methods of using them. It also shows what, how much, when, and where the work is to be done.

3. A community is a more or less well-defined group of rural people with common interests and problems. Such a group may include those within a township, trade area, or similar limits. For the purpose of this report a community is one of the several units into which a county is divided for conducting organized extension work.

4. A project leader, local leader, or committeeman is a person who, because of special interest and fitness, is selected to serve as a leader in advancing some phase of the local extension program. A project leader may be either an organization or a subject-matter leader.

5. Demonstrations as contemplated in this report are of two kinds—method demonstrations and result demonstrations.

A method demonstration is a demonstration given by an extension worker or other trained leader for the purpose of showing how to carry out a practice. Examples: Demonstrations of how to can fruits and vegetables, mix spray materials, and soil fertility.

A result demonstration is a demonstration conducted by a farmer, home maker, boy, or girl under the direct supervision of the extension worker, to show locally the value of a recommended practice. Such a demonstration involves a substantial period of time and records of results and comparisons, and is designed to teach others in addition to the person conducting the demonstration. Examples: Demonstrating that the application of fertilizer to cotton will result in more profitable yields, that underweight of certain children can be corrected through proper diet, or that the use of certified seed in growing potatoes is a good investment.

The adoption of a farm or home practice resulting from a demonstration or other teaching activity employed by the extension worker as a means of teaching is not in itself a demonstration.

6. A result demonstrator is an adult, boy, or girl who conducts a result demonstration as defined above.

7. A cooperator is a farmer or home maker who agrees to adopt certain recommended practices upon the solicitation of an extension worker. The work is not directly supervised by the extension agent and records are not required, but reports on the success of the practices may be obtained.

8. A 4-H Club is an organized group of boys and/or girls with the objectives of demonstrating improved practices in agriculture or home economics, and of providing desirable training for the members.

9. 4-H Club members enrolled are those boys and girls who actually start the work outlined for the year.

10. 4-H Club members completing are those boys and girls who satisfactorily finish the work outlined for the year.

11. A demonstration meeting is a meeting held to give a method demonstration or to start, inspect, or further a result demonstration.

12. A training meeting is a meeting at which project leaders, local leaders, or committeemen are trained to carry on extension activities in their respective communities.

13. An office call is a call in person by an individual or group seeking agricultural or home-economics information, as a result of which some definite assistance or information is given. A telephone call differs from an office call in that the assistance or information is given or received by means of the telephone. Telephone calls may be either incoming or outgoing.

14. A farm or home visit is a call by the agent at a farm or home at which some definite information relating to extension work is given or obtained.

15. Days in office should include time spent by the county extension agent in his office, extension conferences, and any other work directly related to office administration.

16. Days in field should include all days spent on official duty other than those spent in office.

17. Letters written should include all original letters on official business. (Duplicated letters should not be included.)

18. An extension school is a school usually of two to six days' duration, arranged by the extension service, where practical instruction is given to persons not resident at the college. An extension short course differs from an extension school in that it is usually held at the college or other educational institution and usually for a longer period of time.

19. Records consist of definite information which is in the county office that will enable the agent to verify the data on extension work included in this report.

GENERAL ACTIVITIES

Report Only This Year's Activities and Results that can be Verified

1. List below the names, titles, and periods of service of the county extension agents whose work is included in this report.

James M. Hammerly Home Demonstration 13
(Name) (Title) (Months of service this year)

2. County extension organization or association.

(a) Name Home Demonstration Advisory Board

(b) Number of members: (1) Men _____ (2) Women 22

3. Number of communities in county where extension work should be conducted. 4 38

4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees. 22

5. Number of different voluntary county or community local leaders or committeemen actively engaged in forwarding the extension program.

(a) Adult work: (1) Men _____ (2) Women 15

(b) 4-H Club work: (1) Men _____ (2) Women 22
 (3) Older club boys _____ (4) Older club girls _____

6. Number of clubs or other groups organized to carry on adult home demonstration work. 7

7. Members in above clubs or groups. 155

8. Number of 4-H Clubs. 22

9. Number of different 4-H Club members enrolled: (a) Boys 508 (b) Girls 508

10. Number of different 4-H Club members completing: (a) Boys 419 (b) Girls _____

11. Number of different members enrolled in 4-H Club work for:

	1st Year	2d Year	3d Year	4th Year	5th Year	6th Year and Over
(a) Boys						
(b) Girls	<u>508</u>	<u>108</u>	<u>226</u>	<u>111</u>	<u>45</u>	<u>6</u>

12. Number of different 4-H Club members enrolled according to age:

	Age 7	8	9	10	11	12	13	14	15	16	17	18	19	20
Boys														
Girls	<u>14</u>	<u>103</u>	<u>95</u>	<u>47</u>	<u>65</u>	<u>15</u>	<u>12</u>	<u>7</u>	<u>5</u>	<u>3</u>	<u>20</u>			

* Report the total number of different boys or girls enrolled in club work. This total should equal the sum of the present enrollments reported on page 9. List any departures due to the same boy or girl carrying on two or more distinct-outlet lines of work.
 Note—If an agent has more than one extension agent employed, each agent making a report should include under questions 9, 10, 11, 12, and 13 only those boys and girls whom the agent has directly supervised.

GENERAL ACTIVITIES—Continued

Report Only This Year's Extension Activities and Results that can be Verified

13. Number of 4-H Club members in school	478	Out of school	30	13
14. Number of 4-H Club teams trained	(a) Judging	20		14
	(b) Demonstration	21		
15. Number of groups organized for extension work with rural young people above the 4-H Club age		1		15
16. Members in above groups	(a) Young men		14	16
	(b) Young women			
17. Total number of farm visits ¹ made in conducting extension work				17
18. Number of different farms visited				18
19. Total number of home visits ² made in conducting extension work			877	19
20. Number of different homes visited			372	20
21. Number of calls relating to extension work	(a) Office	165		21
	(b) Telephone	369		
22. Number of days agent spent in office			52 1/2	22
23. Number of days agent spent in field			234 1/2	23
24. Number of news articles or stories published ³			250	24
25. Number of individual letters written			1263	25
26. Number of different circular letters prepared (not total copies mailed)			14	26
27. Number of bulletins distributed			1451	27
28. Number of radio talks made				28
29. Number of events at which extension exhibits were shown			1	29
30. Training meetings held for local leaders or committeemen	(a) Adult work	(1) Number	5	30
		(2) Total men leaders attending		
	(3) Total women leaders attending	46		
	(b) 4-H Club	(1) Number	5	
	(2) Total leaders attending	119		
31. Method demonstration meetings held (do not include meetings reported under No. 30)	(a) Number	342		31
	(b) Total attendance	9786		
32. Meetings held at result demonstrations	(a) Number			32
	(b) Total attendance			
33. Tours conducted	(a) Adult work	(1) Number		33
		(2) Attendance		
	(b) 4-H Club	(1) Number		
		(2) Attendance		
34. Achievement days held	(a) Adult work	(1) Number	1	34
		(2) Total attendance	60	
	(b) 4-H Club	(1) Number	1	
		(2) Total attendance	490	

¹ List as farm or home visit according to principal purpose of visit.² Include county and State fairs, agricultural journals, and home magazines. Do not count those relating to notices of meetings only.

GENERAL ACTIVITIES—Continued

Report Only This Year's Experience Available and Summarize that not so Vented

		(1) Number _____	
	(a) Farm women	(2) Total members attending _____	
		(3) Total others attending _____	
25. Encampments held _____		(1) Number _____	25
(Do not include picnics, rallies, or short courses, as these should be reported under other meetings.)		(2) Total boys attending _____	
	(b) 4-H Club	(3) Total girls attending _____	
		(4) Total others attending _____	
26. Other meetings of an extension nature participated in and not previously reported _____		(a) Number _____ 31	26
		(b) Total attendance 10484	
27. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere _____	(a) Adult work	(1) Number _____ 13	27
		(2) Total attendance 223	
	(b) 4-H Club	(1) Number _____ 64	
		(2) Total attendance 977	

PROGRAM SUMMARY

List below information on each subdivision of the program of work. Include under each heading all of the work done with men, women, boys, and girls. If an individual agent has been employed include his or her time with that of the agent. This page should not be filled out until the questions on the following pages have been answered. Estimate where records are not available.

Line of work	Number of men, women or other male participating	Number of inmates in main institution existing	Days of inmate help with line of work	Days of agent help with line of work	Number of men, boys held in relation to line of work	Number of men, women, children published	Number of different circular letters issued	Number of home visits made	Number of other calls received
	00	00	00	00	00	00	00	00	00
35. Cereals (page 8)									
36. Legumes and forage crops (pages 9, 10)									
40. Potatoes, Irish (page 11)									
41. Cotton (page 11)									
42. Tobacco and other special crops (page 11)									
43. Home gardens and home beautification (page 12)	7	7	-	28	7	5	1	100	81
44. Market garden and truck crops (page 12)									
45. Fruits (page 12)									
46. Forestry (page 13)									
47. Rodents and miscellaneous insects (page 13)									
48. Agricultural engineering (page 14)									
49. Poultry (page 15)	1			1	1			2	15
50. Dairy (page 16)									
51. Other livestock (page 16)									
52. Farm management (page 16)									
53. Marketing—farm and home (page 17)									
54. Foods and nutrition (page 18)	32	37	4	103	194	125	5	380	150
55. Child training and care (page 19)									
56. Clothing (page 20)					5	3		30	90
57. Home management (page 21)	7	12	4	125	69	65	3	190	177
58. Home furnishings (page 22)								10	24
59. Home health and sanitation (page 23)									
60. Community activities (page 24)	32	37	0	10	22	25	2	90	63
61. Miscellaneous (page 24)	32	37			14	5	3	35	23
62. Building extension program of work ¹	4	12	1	2	12	10		15	12
63. Organization—extension association and committee ²	32	37	2	13	20	15		36	13
	147	192	11	297	342	250	14	892	514

(The totals for these columns do not necessarily check with the information given on pages 4, 5, and 6, since one inmate, farm visit, circular letter, etc., may relate to two or more lines of output matter.)

¹Under "building the extension program" include all work incident to the collection of economic and social data as a basis for determining programs, the conducting of program surveys, and the initiation of county, district, and community programs. Do not include work related to the conducting of programs, or this should be reported under the program shown.

²Under "organization" include all work incident to establishing extension associations, agricultural councils, home demonstration councils, advisory committees, project committees, community committees, and the like not reported under building the extension program.

LEGUMES AND FORAGE CROPS

Report Only This Year's Extension Activities that are Supported by Research

Item	(1)	(2)	(3)	(4)	(5)	(6)
	Adults	Event Dates	Cherry, Cust. apple, white	Yield	Legumes	Forage
72. Number of method demonstration meetings held.....						72
73. Number of adult result demonstrations completed or carried into the next year.....						73
74. Total number of acres included in adult result demonstrations.....						74
75. Average increased yield per acre on adult result demonstrations due to recommended practices ¹	bu. tons	bu. tons	bu. tons	bu. tons	bu. tons	XXXXX XXXXX } 75
76. Number of 4-H Club members enrolled.....	(1) Boys					} 76
	(2) Girls					
77. Number of 4-H Club members completing.....	(1) Boys					} 77
	(2) Girls					
78. Number of acres grown by club members completing.....						78
79. Total yield of crops grown by club members completing ¹	bu. tons	bu. tons	bu. tons	bu. tons	bu. tons	XXXXX XXXXX } 79

¹Note.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.

(Use space below for State questions not listed above)

¹Indicate whether yield is bushels of seed or tons of cured forage.

FORESTRY

Report Only This Year's Extension Activities that are Supported by Records

95. Number of method demonstration meetings held	95
96. Number of adult result demonstrations completed or carried into the next year	96
97. Number of 4-H Club members enrolled	(a) Boys _____ (b) Girls _____ 97
98. Number of 4-H Club members completing	(a) Boys _____ (b) Girls _____ 98
99. Number of transplant beds cared for by club members completing	99
100. Number of acres of farm woodland managed by club members completing	100
101. Number of new areas reforested by planting with small trees according to recommendations	101
102. Acres involved in preceding question	102
103. Number of farms assisted in forest or woodland management	103
104. Acres involved in preceding question	104
105. Number of farms planting windbreaks according to recommendations	105
106. Number of farms following recommendations as to control of white-pine blister rust	106
107. Number of farms assisted in other ways relative to forestry (specify below)	107
107 1/2. Number of farmers cutting timber on farm for construction or repair of buildings on recommendation of agent	107 1/2

(Use space below for State questions not listed above)

RODENTS, OTHER ANIMAL PESTS, AND MISCELLANEOUS INSECTS

Report Only This Year's Extension Activities that are Supported by Records

(Do not include work reported under "Crop" and "Livestock" headings)

Item	99	99	99
	Rodents	Other animal pests	Insects
108. Number of method demonstration meetings held			108
109. Number of result demonstrations completed or carried into the next year			109
110. Pounds of poison used			110

AGRICULTURAL ENGINEERING
(FARM AND HOME)

Report Only This Year's Extension Activities that are Supported by Funds

111. Number of method demonstration meetings held	111
112. Number of adult result demonstrations completed or carried into next year	112
113. Number of adults completing training in terracing and other engineering extension schools, or completing plans for some major engineering improvement	113
114. Number of 4-H Club members enrolled	114
	(a) Boys (b) Girls
115. Number of 4-H Club members completing	115
	(a) Boys (b) Girls
116. Number of units improved by 4-H Club members:	
(a) Acres terraced	116
(b) Machines or equipment repaired	
(c) Articles made	
(d) Equipment installed	

Engineering activities	Principal improvements being made	60	60	60
		Number of farms	Number of units	Total value of acres or savings
117. Terracing and erosion control			acres	117
118. Drainage practices			acres	118
119. Irrigation practices			acres	119
120. Land-clearing practices			acres	120
121. Better types of machines			mach.	121
122. Maintenance and repair of machines ¹			mach.	122
123. Efficient use of machinery			x x x x x	123
124. All buildings constructed ²			bldgs.	124
125. Buildings remodeled, repaired, painted ²			bldgs.	125
126. Farm electrification ³				126
127. Home equipment ⁴				127
128. Total of columns (a) and (c)	x x x x x		farms	\$ 128

¹ 128. Number of machines repaired as reported in question 122, by types:

(a) Tractors	129
(b) Tillage implements	
(c) Harvesters and threshers	
(d) Other	

² 128. Number of building and equipment improvements as reported in questions 124, 125, 126, 127, by types:

(a) Dwellings constructed according to plans furnished	
(b) Dwellings remodeled according to plans furnished	
(c) Sewage systems installed	130
(d) Water systems installed	
(e) Heating systems installed	
(f) Lighting systems installed	
(g) Home appliances and machines	
(h) Dairy buildings	
(i) Silos	
(j) Hog houses	
(k) Poultry houses	
(l) Other	

FARM MANAGEMENT, CREDIT, INSURANCE, AND TAXATION

Report Only This Year's Extension Activities that are Supported by Funds

145. Number of method demonstration meetings held.....	145	
146. Number of adult result demonstrations completed or carried into the next year.....	146	
147. Number of 4-H Club members enrolled in farm account work.....	147	
(a) Boys.....		
(b) Girls.....		
148. Number of 4-H Club members completing.....	148	
(a) Boys.....		
(b) Girls.....		
149. Number of farms keeping farm accounts throughout the year under supervision of agent.....	149	
150. Number of farms keeping cost-of-production records under supervision of agent.....	150	
151. Number of farms assisted in summarizing and interpreting their accounts.....	151	
152. Number of farms assisted in making inventory or credit statements.....	152	
153. Number of farm business or enterprise survey records taken during year.....	153	
154. Number of farms making recommended changes in their business as result of keeping accounts or survey records.....	154	
155. Number of other farms adopting cropping, livestock, or complete farming systems according to recommendations.....	155	
156. Number of farms advised relative to leases.....	156	
157. Number of farms assisted in obtaining credit.....	157	
158. Number of different farms assisted in using outlook or other timely economic information as a basis for readjusting farm operations (Use best judgment in making conservative estimate).....	158	
159. Number of farms in preceding question making readjustments in—.....	159	
(a) Wheat.....	(g) Dairy cattle.....	(m).....
(b) Corn.....	(h) Beef cattle.....	(n).....
(c) Cotton.....	(i) Hogs.....	(o).....
(d) Potatoes.....	(j) Sheep.....	(p).....
(e) Tobacco.....	(k) Poultry.....	(q).....
(f) Truck crops.....	(l).....	(r).....

(Use space below for State questions not listed above)

MARKETING (FARM AND HOME)

Report Only This Year's Extension Activities that are Supported by Funds

Item	(1) Crops and land	(2) Cattle	(3) Dairy products	(4) Livestock	(5) Fruits and vegetables	(6) Poultry and eggs	(7) Honey products	(8) Other
160. Number of cooperative-marketing associations or groups ¹ organized during the year								160
161. Number of cooperative-marketing associations or groups ¹ previously organized assisted by extension agent this year								161
162. Membership in associations organized and assisted (161 and 160)								162
163. Value of products marketed by all associations worked with	\$	\$	\$	\$	\$	\$	\$	163
164. Value of supplies purchased by all associations worked with	\$	\$	\$	\$	\$	\$	\$	164
Number of cooperative-marketing associations or groups assisted with problems of—								
165. Preliminary analysis								165
166. Organization								166
167. Accounting and auditing								167
168. Financing								168
169. Business policies								169
170. Production to meet market demand								170
171. Reduction of market losses								171
172. Use of current market information								172
173. Standardizing								173
174. Processing or manufacturing								174
175. Packaging and grading								175
176. Loading								176
177. Transporting								177
178. Warehousing								178
179. Keeping membership informed								179
180. Merging into larger units								180
Number of farms or homes not in cooperative associations or groups assisted with problems of—								
181. Standardizing								181
182. Packaging and grading								182
183. Use of current market information								183

(Use space below for State questions not listed above)

¹ Include independent land associations, units of federations, branches of centralized organizations, isolated sales agencies, production associations which do buying or selling, and such and home demonstration club markets.

FOODS AND NUTRITION

Report Only This Year's Extension Activities that are Suggested by Bureau

184. Number of method demonstration meetings held 328 184185. Number of adult result demonstrations completed or carried into the next year 114 185

	Food selection and preparation	Food preservation	
	00	00	
186. Number of 4-H Club members enrolled	(1) Girls <u>508</u>		186
	(2) Boys		
187. Number of 4-H Club members completing	(1) Girls <u>418</u>		187
	(2) Boys		

188. Number of homes assisted in planning family food supply for a year 150 188189. Number of homes budgeting food expenditures for a year 35 189190. Number of homes balancing family meals 282 190191. Number of homes improving home-packed lunches according to recommendations 344 191192. Number of schools following recommendations for a hot dish or school lunch 3 192193. Number of children involved in preceding question 1260 193194. Number of homes using improved methods in child feeding 125 194195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation) 265 195196. Number of jars of canned products preserved by 4-H Club members 52903 100,099 196

(Use space below for State questions not listed above)

50 ...

500 ...

... 432

... 325

... 117

... 100

... 110

... 113

CHILD TRAINING AND CARE

Report Only This Year's Extension Activities that are Supported by Funds

197. Number of method demonstration meetings held.....	197			
198. Number of adult result demonstrations completed or carried into the next year.....	198			
199. Number of groups devoting major part of program to child training and care.....	199			
200. Membership in these groups.....	200			
201. Number of 4-H Club members enrolled.....	<table border="0"> <tr> <td>(a) Girls.....</td> <td rowspan="2">} 201</td> </tr> <tr> <td>(b) Boys.....</td> </tr> </table>	(a) Girls.....	} 201	(b) Boys.....
(a) Girls.....		} 201		
(b) Boys.....				
202. Number of 4-H Club members completing.....	<table border="0"> <tr> <td>(a) Girls.....</td> <td rowspan="2">} 202</td> </tr> <tr> <td>(b) Boys.....</td> </tr> </table>	(a) Girls.....	} 202	(b) Boys.....
(a) Girls.....		} 202		
(b) Boys.....				
202½. Number of 4-H Club members not in special child training and care clubs who participated in definite child training and care work.....	<table border="0"> <tr> <td>(a) Girls.....</td> <td rowspan="2">} 202½</td> </tr> <tr> <td>(b) Boys.....</td> </tr> </table>	(a) Girls.....	} 202½	(b) Boys.....
(a) Girls.....		} 202½		
(b) Boys.....				
203. Number of homes improving habits of school children (other than reported under "Foods and Nutrition" and "Home Health and Sanitation").....	203			
204. Number of homes substituting positive methods of discipline for negative ones.....	204			
205. Number of homes providing recommended play equipment.....	205			
206. Number of homes making recommended physical adjustments to better meet children's needs.....	206			
207. Number of homes adopting better adult habits with respect to development of children.....	207			

(Use space below for State questions not listed above)

CLOTHING

Report Only This Year's Extension Activities that are Supported by Funds

208. Number of method demonstration meetings held 3 208
209. Number of adult result demonstrations completed or carried into the next year 145 209
210. Number of 4-H Club members enrolled

(a) Girls
(b) Boys

 210
211. Number of 4-H Club members completing

(a) Girls
(b) Boys

 211
212. Number of individuals following recommendations in improving construction of clothing

(a) Women
(b) Girls

 212
213. Number of individuals using a clothing budget

(a) Women
(b) Girls	<u>10</u>
(c) Boys

 213
214. Number of individuals making garments for themselves

(a) Women	<u>120</u>
(b) Girls

 214
215. Number of individuals improving children's clothing according to recommendations

(a) Women
(b) Girls

 215
216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing

(a) Women	<u>120</u>
(b) Girls

 216

(Use space below for State questions not listed above)

HOME MANAGEMENT

Report Only This Year's Extension Activities that are Supported by Donors

217. Number of method demonstration meetings held	42	217
218. Number of adult result demonstrations completed, or carried into the next year	102	218
219. Number of 4-H Club members enrolled	(a) Girls _____ (b) Boys _____	219
220. Number of 4-H Club members completing	(a) Girls _____ (b) Boys _____	220
220½. Number of 4-H Club members keeping personal accounts	10	220½
221. Number of homes keeping home accounts according to a recommended plan	23	221
222. Number of homes budgeting expenditures in relation to income according to a recommended plan	6	222
223. Number of homes following recommended methods in buying for the home	97	223
224. Number of women following a recommended schedule for home activities		224
225. Number of kitchens rearranged for convenience according to recommendations	89	225
226. Number of homes following recommendations in obtaining labor-saving equipment	90	226
227. Number of homes adopting recommended laundering methods		227
228. Number of homes adopting recommended methods in care of house		228
229. Number of homes assisted in an analysis of their home conditions with reference to a standard of living	61	229
230. Number of homes assisted in making adjustments in home making to gain a more satisfactory standard of living		230

(Use space below for State questions not listed above)

HOME FURNISHINGS

Report Only This Year's Extension Activities That are Supported by Grants

231. Number of method demonstration meetings held.....		231
232. Number of adult result demonstrations completed or carried into the next year.....		232
233. Number of 4-H Club members enrolled.....	(a) Girls..... (b) Boys.....	233
234. Number of 4-H Club members completing.....	(a) Girls..... (b) Boys.....	234
235. Number of individuals improving the selection of household furnishings.....	(a) Women..... <i>9</i> (b) Girls.....	235
236. Number of individuals following recommendations in improving methods of repairing, remodeling, or refinishing of furniture.....	(a) Women..... (b) Girls.....	236
237. Number of individuals following recommendations in improving treatment of windows (shades, curtains, draperies).....	(a) Women..... <i>10</i> (b) Girls.....	237
238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens).....	(a) Women..... (b) Girls.....	238
239. Number of individuals improving treatment of walls, woodwork, and floors.....	(a) Women..... <i>6</i> (b) Girls.....	239

(Use space below for State questions not listed above)

HOME HEALTH AND SANITATION

Report Only This Year's Extension Activities That are Suggested by Bureau

240. Number of method demonstration meetings held	240
241. Number of adult result demonstrations completed or carried into the next year	241
242. Number of 4-H Club members enrolled	(a) Girls _____ (b) Boys _____ 242
243. Number of 4-H Club members completing	(a) Girls _____ (b) Boys _____ 243
244. Number of 4-H Club members not in special health clubs who participated in definite health-improvement work	(a) Girls _____ (b) Boys _____ 244
245. Number of individuals having health examination on recommendation of extension workers	(a) 4-H Club members _____ (b) Others _____ 7 245
246. Number of individuals improving health habits according to recommendations	246
247. Number of individuals improving posture according to recommendations	247
248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.)	248
249. Number of homes adopting better home-nursing procedure according to recommendations	249
250. Number of homes installing sanitary closets or outhouses according to recommended plans	250
251. Number of homes screened according to recommendations	251
252. Number of homes following other recommended methods of controlling flies, mosquitoes, and other insects	252

(Use space below for State questions not listed above.)

COMMUNITY OR COUNTRY-LIFE ACTIVITIES

Report Only This Year's Extension Activities that are Supported by Monies

253. Number of communities assisted in making social or country-life surveys, or in scoring themselves or their community organizations	253
254. Number of country-life conferences or training meetings conducted for community leaders	254
255. Number of community groups assisted with organizational problems, programs of activities, or meeting programs	255
256. Number of communities developing recreation according to recommendations	256
257. Number of community or county-wide pageants or plays presented	257
258. Number of community houses, clubhouses, permanent camps, or community rest rooms established	(a) Adults (b) Juniors 258
259. Number of communities assisted in improving hygiene or public-welfare practices	259
260. Number of school or other community grounds improved in accordance with plans furnished	260
261. Number of 4-H Clubs engaging in community activities, such as improving school grounds, conducting local fairs, etc.	21 261
261½. Total number of different communities assisted in connection with the community or country-life work reported on this page	52 261½

(Use space below for State questions not listed above)

BEES, WREDS, HANDICRAFT, RABBITS, AND MISCELLANEOUS

Under This Heading Report Other Lines of Work not Included in the Preceding Pages, Such as Bees, Wreeds, Handicraft, and Rabbit Work, Etc., and Other Information that can be Reported Statistically and that Will Help to Give a Complete Account of the Year's Work

Item	(a) Boys	(b) Girls	(c) Handicraft	(d) Rabbits	(e) Other	
262. Number of method demonstration meetings held						262
263. Number of adult result demonstrations completed or carried into next year						263
264. Number of 4-H Club members enrolled	(1) Boys					264
	(2) Girls					
265. Number of 4-H Club members completing	(1) Boys					265
	(2) Girls					