

Virginia



AGRICULTURAL EXTENSION SERVICE

Annual Report

Home Demonstration Work

1951

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NARRATIVE REPORT

III. COUNTY SITUATION*AS IT AFFECTED THE 1951 PROGRAM PLANNING.

Rappahannock County is primarily an agricultural county. Most of the families are dependent on the farm for a livelihood. Apples, livestock and poultry are the chief sources of income. These are listed according to importance. The orchards furnishing the livelihood for both the low income bracket and the orchard owners with a larger income.

The majority of the families in Rappahannock are self supporting with average incomes yet because of high cost of living the "welfare" load is growing.

Crop conditions effect not only the owner of farmers and orchards but determine the income of the large percentage of tenants in the county.

Because of the above conditions with cost of living advancing year by year in planning the 1951 program consideration was given mainly to three outstanding needs. Conditioning through remodeling, construction and refinishing of interiors of homes by using so far as possible materials being on hand: Studying meal planning and better nutrition through the use of home grown products with surpluses placed on apples and poultry products and through sponsoring as a Federation Goal, recreation with the youth and entire community that would promote better family and community living at small cost.

IV. CONTRIBUTIONS OF THE 1951 PROGRAM TO BETTER FAMILY LIVING .

The outstanding accomplishments of the home demonstration program in Rappahannock County in 1951 to promote better living have been the work done in house furnishings, foods and clothing, with 4-H as well as adult work and home and community recreation.

Ninety-seven living rooms have been improved with 21 homemakers using their living rooms as " Result Demonstrations". These demonstrations reached 129 homemakers other than the 97 rooms improved.

Through learning methods, slides and appreciation of color and harmony club women and their families made improvements in living rooms at less than one third of what the cost would have been if they had employed someone to do the work. Also outstanding have been the 33 kitchens improved through the work done by 6 result demonstrators.

The Food and Nutrition program this year has reached 433 families through demonstrations and information taken to non club members by club members. It is estimated that 250 of these families will serve better planned and more nutritious meals at lower cost by using home grown products.

One hundred and one 4-H Club girls taking clothing as a project contributed to family living with a saving of \$700.00 on the 336 garments made and remodeled while the restyling of hats in the adult program carries an estimated saving of

The home demonstration clubs had 13 community parties in 1951 reaching many families who here to fore had not participated in family and community fun. Outstanding is that club members gave 245 days in promoting more wholesome and better planned community recreation.

The development of leadership in 4-H; adult and result demonstrations has been outstanding in 1951 with a total of 86 different women serving as leaders in the adult program and 28 different women and older girls leading in 4-H county work.

V. ADULT WORK

1. House Furnishing :

Living Rooms...

The house furnishing program carried in 1950 created such interest through the 11 result demonstrations carried that it was decided that an all over county program of Improving Living Rooms would be carried in 1951 with each club having three meetings devoted to this subject.

The object of the program was to promote happier family living with more attractive, comfortable and convenient living rooms. A further objective was that methods and skills would be learned so that improvements might be done at normal cost and thus help adjust the family budgets.

Methods used in conducting this project were first, 21 homemakers were selected in 10 communities to use their living room as a result demonstration throughout the year. Each of the 10 groups meeting monthly held three demonstrations during the year on living room improvement. These were: " Color Schemes " and "Wall Finishes," "Buymanship of Furniture and Rugs " and " Living Room Arrangement".

The demonstration meetings were preceded by two leader training meetings and the leaders or home agent giving the demonstration on Wall Painting with 40 homemakers in attendance.

Two special interest demonstrations were given on floor sanding with 30 families represented. One special interest meeting was held with 30 homemakers attending on Refinishing Furniture.

Bottoming chairs, tying chair springs and braiding rugs were all held as club choice. One or more of their demonstration were given to five clubs and reached 60 homemakers.

A "Tour" was made of 7 living rooms for the purpose of showing methods and accomplishments. 14 persons went on this tour.

Further interest was aroused in this project through home visits by the home agent, individual visits to result demonstrators, radio talks and news items.

Results Obtained:

1. 97 living rooms in Rappahannock County have been completely renov-

ated homemakers have submitted reports. It is estimated that improvements have been made in as many as 50 other homes.

2. Reports from 86 homemakers show that 48 have sanded floors and 66 improved color schemes, rearranged furniture and 79 improved walls and wood work. Reports show a saving of \$1,140.00 of the families participating in this program.

3. Reports show that 169 pieces of furniture were upholstered, slip covered or remodeled with an estimate saving of \$1,183.00

4. 32 homemakers have learned and practiced better buying of furniture and furnishings through this project.

5. Outstanding is the satisfaction that 97 families have derived from the Home Furnishing program, through the learning of skills, appreciation of beauty, the consideration of comfort and the satisfaction of better living for the whole family.

A. Project Work

2. Foods and Nutrition

Improving the diets of families was chosen as one of goals this year. The reasons for this choice were the rising high cost of living and the desire of the homemakers for new and better ways of preparing and serving nutritious and appetizing meals. As Rappahannock produces many apples and poultry ways of using these in the meals were stressed.

In planning the work for home demonstration clubs the planning committee included these demonstrations: Broiler and Oven Meals and One or Two ways of Using Apples, and Importance of Good Breakfast and Food of Health and Pop. Mrs. Mary Thompson, Food Specialist conducted a leader training meeting for these two demonstrations. A demonstration was given by either the leaders or home agent at 13 different groups during both of the months October and November. A total 400 bulletins and leaflets were given at the meetings which included recipes for foods prepared.

Cold Plate demonstration was shown stressing quick meal from the home garden and included four different meals the homemakers could prepare.

Three clubs chose sandwich spreads as demonstration for club choice. This demonstration was outgrowth of mothers complaining what to make for their child's lunch and proved to be quite a help.

Candymaking was given to two clubs for demonstration as club choice. Candy making is inexpensive way of making your own presents and party sweets.

Around 200 copies of Freezing and Canning of Fruits and Vegetables and Meats have been given out this year. One demonstration was given by the agent to the Veterans Class of the county on canning and freezing. Movies from V. P. I. were also shown at this demonstration.

Only one demonstration on the Master Mix for the making of biscuits and muffins were given. Besides the demonstration Master Mix bulletins have

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been given out.

As a result 262 members participating in foods and nutrition program, information was passed on to 171 persons.

To lower the cost of food and at the same time save food produced on their farms 54 families reported as having done food preservation. This included a total of 17,200 quarts of food canned and total of 6,757 lbs. of food frozen. It is estimated that \$4500.00 had been saved as a result of food preservation.

3. Recreation and Community Service

The Federation Goal selected for 1951 was continued from 1950 because of the continued need of developing within the homes and communities ways to promote better family living through planned fun and fellowship for both the youth and adults.

The ten communities had for their county wide objective at least two recreational meetings during the year to entertain the youth of the community.

Each club promote the 4-H Camp and 4-H Area Contests.

Methods used to promote this program were:

- a. 13 community parties were held for the youth in eight communities.
- b. 12 adults attended area recreational training meetings.
- c. 8 home demonstration clubs devoted one meeting to study the needs of the youth in their community.

Results:

- a. The community parties reached more than 200 families.
- b. The adults attending the recreational conference assisted with recreation in their community party and other social parties.
- c. The home demonstration club women helping to promote better recreation gave 245 days to this program.
- d. Eight of the 4-H leaders are members of a home demonstration club and report at adult club meetings.
- e. Seventy-six families report better family recreation for the whole family.
- f. It is through recreation that the crafts program was conducted this year to develop individual and family hobbies.

32 families report textile painting, the making of 112 copper or aluminum trays and caring 23 chairs as crafts activities learned and participated in by members of the whole family.

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4. Clothing

The objectives of the clothing project with adults were two fold. One the learning how and use of sewing machine attachments, better skill in construction and time saving methods.

Second the restyling of hats to learn ways of making use of discards and the saving of the price of a new hat.

Methods used in this project were:

- a. Method demonstrations were given by leaders to 5 adult groups... reached 65 homemakers.
- b. 23 club members gave instructions to 32 other homemakers.
- c. Mimeographed material was sent out to 262 homemakers on machine finishes.
- d. Eleven groups had restyling hat clinics.
- e. One leader training meeting was held.
- f. One county wide style review was held.
- g. Five leaders participated in the program.

Results:

- a. 97 homemakers learned to use sewing machine attachments.
- b. 101 hats were restyled with an estimated saving of \$300.00
- c. 18 club women appeared in the Hat Style Show.

5. Home Management

The objectives of the home management program were to continue the 6 kitchens started as result demonstrations in 1950 and to have 3 women keep home accounts.

Methods used were:

- a. Individual visits to demonstrators.
- b. Held a club meeting in the kitchens being improved.
- c. Sent to demonstrators material that would be helpful to them in making improvements.

Results :

- a. Two families have kept home accounts for 12 months and will submit them when requested.

- b. 33 kitchens have made scores worth while improvements.
- c. 9 pieces of electrical equipment have been bought.
- d. 33 have solved time management problems through arrangement of kitchens and storage.
- e. One home laundry is being installed in home because of the kitchen program.

B. Other Activities

1. Participation of Flint Hill Home Demonstration Club on Youth and Community.

This club has been the outstanding Home Demonstration club in Rappahannock County this year in activities promoted as part of Federation Goal.

a. The club sponsored and conducted an Easter Party for all the children at Flint Hill School.

b. The club had a picnic supper at one of the member's home for all the club members and their families. Twenty-two families attended.

c. The club devoted one Home Demonstration meeting to the planning of activities for the Youth and Community.

d. Three of Home Demonstration members and minister from Flint Hill community attended two recreation training meetings. The training is being used in youth groups being conducted at Huntly by the minister. The Home Demonstration members entertained at their home youth groups in Flint Hill.

e. Three of Home Demonstration members acted as 4-H leaders in two clubs in county.

One of these 4-H leaders attended and was very active during Rappahannock county 4-H camp and the 4-H State Short Course assisting with recreation.

Another of these leaders had a picnic for the 4-H members of Flint Hill at her home.

(f) At the end of Home Demonstration meetings both quiet and active games were participated in by the homemakers directed by those trained in recreation.

Health Unit

Six of the clubs in the county contributed \$5.00 each for securing a dental clinic for the county this year. This shows and proves that the Home Demonstration clubs are back of the health program in the county and want to see Rappahannock children get the proper dental care. Also, most of the clubs contributed to the March of Dimes. Some of the club cooperated with the schools by giving canned food and milk for the school lunch program.

It was through the health program that 41 club women had physical examinations and 39 attended the T. B. clinic.

VI. 4-H CLUB WORK

A. Project Work.

1. Clothing

a. Unit I Looking Your Best.. The objective set up for this project is the improvement of their general appearance. 12 girls took this project and 11 completed. During the project care of the feet, skin, hands, hair were discussed. The girls made shoe kits, dry cleaning of unwashables, made small repairs, stored out of season clothing, pressed woollens replaced hems and improved their rating sheet. As a result the girls understood better the art of good grooming.

b. Unit II ... Make and Remake... the only objective set up for this project is to teach clothing construction and the value of planning the money spent for clothing. 43 girls enrolled in this project 28 of whom completed their project. Help was given on selecting colors and materials, measuring for and selecting and altering the correct pattern, cutting and marking the garment and with such construction details as, fitting, zipper finishes of necks, hems, sleeves and button holes. The girls made for themselves 52 garments, and 11 new garments for others. They resodeled and dyed 49 garments.

As result of this project an estimate of \$300 was saved.

c. Unit III....." So you'd Like To Sew " .. The purpose of this project is to acquaint the girls with simple hand sewing principles and how to use different sewing equipment. 30 of 45 members taking this project completed it, 38 girls equipped a sewing box and made the following articles: 32 made headscarfs, 21 girls made needle case, 29 made an apron, 41 made a towel, 12 made a skirt (gathered,) and 24 made blouses.

2. Food

a. Food Preparation and Meal Planning

The objectives of having 4-H club girls caring the project was the need of better meal planning and preparation of foods to encourage adequate diets and prepare the club girls to learn skills and facts that would build the health of the family and give assistance to the work to be done in the home.

Methods used in this project were to have project groups meet in the homes of club members during the summer months and have adult leaders give the

demonstrations.

To have junior leaders assist with demonstrations.

To have each club girl compile a club manual with all materials need for instruction of project.

To have each club girl keep a record of work done.

Results obtained were:

1. 22 of the 35 girls enrolled completed the project with a record of home, school and club meals planned, prepared and served of 437.
2. 37 girls set the table attractively 2,940 times (an average of 80 times per girl).
3. Vegetables and salads were prepared 691 times showing that the club girls had learned the value of fruits and vegetables in the diet.
4. Three clubs with 3 adult and 1 junior leader carried this project with leaders giving eleven demonstrations.

b. Breads

There were 22 4-H club girls in 3 project groups carrying breads as a project for three months in 1951. 7 under leadership of local leaders in the absence of the agent from the county. The reason for this project was to learn to make variations of quick breads as basic foods in meal planning, in the homes. These girls learned to make 8 kinds of bread including the master mix and made breads 1168 times. 19 girls completed the project and now helping with or doing the job of bread making in their homes. Six members gave demonstrations on bread making during the three month period.

c. Food Preservation :

The food preservation project was planned to have girls learn to conserve home grown foods and thus add to the family savings and provide more nutritious meals.

The entire project was conducted for the 12 girls making a canning place by the girls themselves and the help of their mothers serving as individual leaders.

Results were that the girls canned and froze alone 1057 quarts of fruits and vegetables and help with 975 quarts. It is estimated that this project had a saving of \$350.00 of the family income.

3. Home Improvements

a. Care and Arrangement.

The objective of the care and arrangement project was for the purpose to learn and carry the responsibility of carrying for their own rooms and the

basic fact of good arrangement and care.

This project was carried by 35 girls and meetings with demonstrations were given in the schools. Four groups carried the project with the home agent giving the 5 demonstrations to each group.

Results were that 32 girls completed the project and 12 of these gave demonstrations.

Reports show that 22 girls are continuing in carrying some of responsibilities within the home other than their bed rooms.

These include mending linens, dishwashing, setting the table and caring for the garbage disposal.

In this way the 32 young A-H members are making a contribution to family living.

b. Room Improvement.

Two girls were enrolled in the Room Improvement project in 1951 with the objective of carrying result demonstration of their bed rooms by making them attractive, convenient and comfortable at low cost.

These girls were given individual guidance by their club leader and the home agent.

Materials were sent them to help in skills and methods.

Results were that these girls completely renovated their bed rooms beginning with color schemes, walls and floors. They then worked and refinished furniture and making attractive furnishings.

Further results are that 20 visits were made to these rooms and one of the girls is now serving a junior leader in this project for 1952 with a county wide group of 9 girls.

A. Home Grounds Beautification

Twelve girls were enrolled in this project with the objective of having these girls take a responsibility of making the house surroundings more attractive, through a place and care for lawns, flowers, shrubs and trees.

The project was poorly care for. The girls had no assistance except guidance given in printed and mimeographed material from the Extension Service.

Results were that only 2 records of completion of the project were collected.

The work consisted of cleaning, caring for the lawn and planting flowers and shrubs using a plan.

The reason failure is lack of volunteer leadership.

B. Other A-H Activities..

County Contest... a very large contest was held this year with

40 girls participating in 5 different projects. 6 girls have given food demonstrations and 8 girls modeled dresses they had made. We felt that this was a most successful contest.

Area Contest ... 3 girls from the county entered the area contest. The girls entering in Food preparation and Room Improvement placed second in the contest. The girls entering in the Clothing contest placed third. We were very proud of these girls.

During National 4-H Club Week the 4-H clubs of the county fixed up a store window showing what projects were being taken by all the clubs in the county.

4-H Area Camp ... the area 4-H camp for the Rappahannock Club members was held during the absence of a home agent in the county. However through the influence of the assistant county agent and local 4-H leaders 26 girls and 2 leaders attended.

VII. Young Men and Young Women's Work.

The home agent assisted with a group of young veterans and their wives at 2 meetings on food production and preservation.

The purpose of these meetings was to help in solving problems in producing and preserving home grown foods to lower the high cost of living.

There were a total of 34 at these meetings. The home agents in Rappahannock County in 1951 have helped 37 other young women in their problems which included methods and skills in housefurnishings, home management and nutrition and food preparation. This work was done through home visits and office calls and at home demonstration club meetings.

A total of 42 different young women were reached in 1951.

VIII. Scope of Work

	1948	1949	1950	1951
No. H. D. Clubs or groups	11	12	13	14
Membership	198	248	262	262
No. 4-H clubs	8	9	9	9
Membership	130	130	130	131
No. of families reached	150	175	383	596
Total no. families reached	525	725	775	789

IX. A. Home Demonstration Committee

The purpose of this committee is to promote home demonstration work by reorganizing the needs and interest of the families in the county and is composed of the presidents and program development leaders of each H. D. club. The committee meets two times a year with an executive committee meeting before each meeting.

1. The spring meeting is for the purpose of analyzing the program planned at fall planning meeting and progress made in reaching the goals.

Also during this meeting help was given in regards to duties and responsibilities of club officers. Delegates to Institute of Rural Affairs were picked by the committee.

2. The purpose of full committee meeting is to plan objectives, federation goal and program from needs and interests of each club as presented by their program development leader. Also as result of program planned last year a hat style revue was given.. ladies modeled their restyled hats.

The county committee had 10 women attend the District Federation meeting and sent 2 delegates to State Federation of H. S. Clubs and Institute of Rural Affairs.

B. County 4-H Project Planning Committee

The committee was composed of leaders and two junior and two senior 4-H girls who met for the purpose of choosing and planning the 4-H projects for the year.

C. 4-H club council ... this group is composed of all the officers of 4-H clubs that did not meet during 1951. A meeting is scheduled in the near future.

X. Leadership

A. Volunteer Leaders' Contributions in 1951.

1. Organizational

a. Adult

The officers of home demonstration clubs and the officers of County Home Demonstration Committee composed of the organizational leaders in Rappahannock in 1951. There were 24 such leaders who assisted in carrying the responsibility of the County Committee as reported under that heading, and the organization and business session of the 10 groups meeting regularly.

These leaders showed a general growth through the year in the responsibilities they carried.

Three months of the year there was no agent in the county and 10 groups met regularly with the responsibility of keeping the groups going be entirely that of the organization leaders. These leaders were also the ones who arranged for county wide meetings in the absence of the agent.

The presidents of the home demonstration clubs collected and compiled records of accomplishment from club members.

There were 38 adult club meetings held in the absence of a home agent with an attendance of 396.

b. 4-H

The officers of the 4-H clubs are those serving as organizational leaders. These officers are given individual guidance by agents and adult leaders from time to time on how to preside at meetings.

As a new agent in the county comparisons cannot be made but such training needs to be given these officers and they need to feel and carry more responsibility of the club's program.

2. Program Development Leaders :

There is a definite growth in the services rendered by the program development leaders of the 8 organized clubs in the county.

These leaders held discussions at club meetings following the Spring county committee meeting for encouraging planning for 1952. Six brought good reports from their clubs to the planning meeting, and took back to their clubs the plans for 1952.

3. Subject Matter

a. Adult

Subject matter leaders in adult work have shown growth from year to year in the county. However in 1951 the number of project leaders and Federation Goal chairmen grew from 54 to 90 in 1951.

These leaders have functioned in ten groups, meeting regularly, and have given 41 demonstrations in the absence of the home agent and assisted with 61 demonstrations. The Federation Goal Chairmen have led 8 discussions on recreation for youth in club meetings and directed the recreation at local club meetings and 13 community recreational parties.

The leaders have had 8 training meetings with an attendance of 126.

These leaders have reached more than 100 non club members with methods and subject matter secured through the home demonstration training.

Outstanding has been the services given by 2 subject matter leaders in services rendered to other groups.

b. A-H

There are in the county 14 adult A-H leaders for 6 of the 9 organized community clubs and summer project groups. This however leaves 3 communities without a leader.

Though the number of leaders is the same as that of 1950 accomplishments have been greater.

Records show that the adult A-H leaders have given 23 demonstrations in the absence of the agent and have served as project leaders on an average of 2 projects each.

The leaders were trained in 15 leader training meetings with an attendance of 36. One of these training meetings was for the purpose of planning the project program for 1952.

These leaders further assisted club members in preparation for the club, county and area contests and assisted the home agent in holding the club

* and county contests.

During the summer months 8 of the project leaders opened their homes for 4-H club meetings and planned recreation at the close of the meetings.

The 14 adult leaders assisted in collecting 4-H club records and assisted the agent in 70 4-H club meetings with project work.

The 14 older girls serving as junior leaders have grown from 9 in 1950 to 14 in 1951.

These girls have served by giving 11 demonstrations to project groups in Clothing and Foods; in assisting agent and adult leaders in preparation for club meetings and assisting with demonstrations.

The junior leaders further assisted by reporting club activities and collecting project records and checking work sheets.

One girl had her room used as a result demonstration and had 20 persons visit the room.

* B. Growth of Leadership H. D.

	1948	1949	1950	1951
No. project leaders and goal chairmen	40	42	54	90
No. training meetings held by Specialist	3	5	5	9
by Agent	8	11	12	2
Attendance at all training meetings			229	118
No. club mtgs. held by leaders without agt.	10	19	32	38
No. additional club mtgs. at which leaders assisted	21	12	43	61

* Growth of Leadership 4-H

No. adult project leaders	5	9	14	14
No. Junior project leaders			9	14
No. training mtgs. held by Specialist			3	2
by agent	7	18	14	13
Attendance at leader training mtgs.	8	25	71	36
No. 4-H leaders trained individually	5	9	7	14
No. club mtgs. held by leader without agent present.			23	38
No. of additional club meetings at which leaders assisted	15	45	98	70
No. demonstrations given by leaders				
by adult	20	40	50	28
by Junior			10	11

* C. Story of Outstanding 4-H Leader

Mrs. Barbara Gentry has been an outstanding 4-H leader for a number of years. Outstanding in her leadership is the manner in which she plans the programs around timely topics.

a. These well planned programs create interest of both boys and

girls in 4-H program.

b. She gives individual guidance to girls in any problems arising in their project.

c. She makes home visits to the different members thereby becoming familiar with their problems and making for interested cooperation of parents.

d. She gives guidance to project group leaders.

e. She keeps her Flint Hill W. D. Club informed of 4-H activities and needs.

f. She acts as leader for Reager club during the winter and is instrumental in securing project leaders for summer months.

g. She helps with Flint Hill 4-H group during the summer months.

h. She attends county, district and state meetings that aid her in developing leadership. For example she attended following meetings this year : District Leader Training meeting in Recreation; 4-H short course at Blacksburg and plans to help in 4-H council.

i. She made a real contribution to camp life this year at the district camp by her previous camping experiences.

j. She has two daughters outstanding in 4-H work. One of these daughters won second this year in area contest.

k. She had 100% completion of projects in her club and was instrumental in having members exhibit their projects.

XI. Work in Cooperation with Other Agencies.

The agent has cooperated with other agencies:

a. Health ... promoting of nutrition education being done in the county.

b. Welfare .. collected clothing in fall and spring which has benefited children from ages 2 - 16.

c. Aided in county wide drives made for welfare of people such as .. chest clinic for T. B., Red Cross, Cancer and Polio.

d. Cooperated with only home economics teacher in the county by adjusting project work for 4-H girls taking home economics.

XII. Appraisal of Home Demonstration Program for 1951

Having been in the county as home agent only three months I find it difficult to give a worthwhile appraisal of the year's work. I do however find that in reviewing the program as planned and studying records of both the adult and 4-H program that many accomplishments have been made.

First is that even though the county was without an agent for three

months that leadership has grown and through the responsibilities they have carried that confidence in themselves and a broader vision and truer understanding of the extension program has been established.

I see however that leadership has yet a long way to go and leaders are inclined to depend too much on the agent to carry the demonstrations when she is in the county.

It is also true of club women and parents of 4-H club girls. They do not yet feel the responsibility and are not interested enough in many cases to arrange for transportation and make preparation for meetings to increase attendance and interest.

Result demonstrations have grown this year and though excellent work has been done not yet are these demonstrations used enough to reach other families in the county for better family living. I feel that more publicity should be given to result demonstrations through the radio, press and especially by meetings and visits in these homes and more tours. They could be most valuable to the Extension program.

Another phase of the program that should be worked on is a higher percentage of the people should be reached. This is especially true of those families in both 4-H and adult program who are within the lower income bracket.

It is encouraging that 2/3 rds of the 4-H club members completed projects and submitted records and about two thirds of the adult club women sent in individual accomplishment sheets. This however should be 100% .. another year with a full time agent.

The intangible accomplishments that have brought to many families the satisfaction of better living are often the most worthwhile accomplishments and I as agent see evidences of this daily.

Perhaps the most tangible evaluation is the estimated savings in both the adult and 4-H program through the foods, clothing and house furnishings in 1951. These savings in dollars amount to \$8,100.00 on the records submitted.