

34
72

VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

SHENANDOAH

COUNTY

1949

Agent Ellen Sharp Worsham November 1, 1949 to November 30, 1949
Date worked from to

Assistant Agent _____
Date worked from to

Agent Elizabeth Otey Young December 1, 1948 to September 15, 1949
Date worked from to

Assistant Agent _____
Date worked from to

This report covers the work of
Elizabeth O. Young
for the period
December 1, 1948 to September 15, 1949
and
Ellen Sharp Worsham
for the period
November 1, to November 30, 1949.

TABLE OF CONTENTS

	<u>Page Number</u>
I. Summary of Accomplishments	1
II. Adult Work	2
A. Project Work	2
1. Home Management	2
2. Clothing Construction	3
3. Food and Nutrition	3
4. House Furnishings	4
5. Handicraft	4
B. Other Activities	5
1. Federation Goal - Health	5
2. Hospital Drive	6
3. Money Making Schemes	6
4. Relief Work	6
5. Shenandoah County Fair	7
6. District Federation Meeting	7
7. State Federation Meeting	7
III. 4-H Club	8
A. Project Work	8
1. Meal Planning, Preparation and Service	8
2. Clothing Project	9
3. Home Improvement	10
4. Food Preservation	11

B. Other Activities 11

 1. Community Project. 11

 2. District 4-H Camp. 11

 3. Rural Life Sunday. 11

 4. Shenandoah County Fair 12

IV. Older Youth 12

V. Scope of Work 12

VI. Statement as to How Organizations Functioned in the
 1949 Program 12

 1. County Home Demonstration Committee 12

 2. County 4-H Club Council. 14

 3. County Chapter of 4-H All Stars. . 14

VII. Activities of Volunteer Leaders 14

 1. Volunteer Leadership 14

 2. Growth of Home Demonstration Club
 Project Leadership. 15

 3. Growth of 4-H Club Project
 Leadership. 15

VIII. Significance of the Year's Work 16

III. Summary of Accomplishments

Expansion of Work

In 1949, one new home demonstration club was organized with a membership of 25. These women held 2 group meetings in 1948 and became interested in having a club of their own. They were organized and elected officers in February, 1949. Two of the women have taken an active interest in assisting with the nearby 4-H club.

One new 4-H club was organized in January, 1949. The girls have completed the requirements in the Food Preparation Project. In the summer, the girls met for all day sessions and learned methods of clothing construction.

Health

The health program has been the Federation Goal in Shenandoah County for two consecutive years and the women continue to show interest in the subject. New medical discoveries of the cause and cure of prevalent diseases, are discussed at the monthly meetings by the health leaders. During May when the entire meeting was devoted to health, the leaders secured a doctor or nurse to discuss aspects of health as applicable to each community. Movies were shown on features of proper nutrition. Much emphasis has been put on yearly physical check-ups. Some of the club members have gone through the Beesse Penn Miller Cancer Prevention Clinic at the University Hospital.

Home Conveniences

The home demonstration club women were much interested in the home conveniences phases of the 1949 program. As a result some homes installed water systems, others transferred the laundry room from an outside wash house, to a space adjoining the kitchen and many time savers in the way of small laundry equipment have been added by homemakers. The agent visited 14 homes where laundry equipment had been transferred from an old fashioned wash house to a pantry or space near the kitchen. She also visited eight homes where water and kitchen sinks were installed.

The demonstration on improving kitchen equipment and storage was enthusiastically received by many of the women, and 45 homes report improvements in kitchen storage during 1949. The years program also included a demonstration on using the electric mixer as a time and labor saver. Forty-five homemakers report having used the mixer to better advantage as a result of this demonstration.

Educational Exhibits at County Fair

All but one of the 4-H clubs and twelve of the home demonstration clubs put on creditable educational exhibits at the county fair. This was a new venture for the home demonstration clubs. The exhibits received such favorable comment and the club women enjoyed this feature so much they are planning to repeat it at the 1950 fair, and hope to have an exhibit by each of the home demonstration clubs.

IV. Adult

A. Project Work

• 1. Home Management

a. Laundry Space

Rural women are often reluctant to give up their old fashioned wash houses to which they must carry water and use laundry methods characteristic of their grandmother's day. The Extension Home Management Specialist conducted a leader training meeting on improving laundry space and equipment. After the demonstration, the agent visited in homes where the women had transferred their washing machines and other laundry equipment into a space adjoining the kitchen. Water systems were installed in those farm homes and the women were delighted to discover the convenience of having the laundry in the house.

• Many useful time savers in the family wash were also demonstrated.

• Various kinds of soaps, detergents, bleaches and starches which are available on the market were shown. New equipment such as irons, ironers, and washing machines were discussed. The women learned how to make a pad for the ironing board from old blankets and an ironing board cover, made on the bias from feed bags.

Twenty-nine women report having made improvements in laundry space and equipment. ~~tt~~

b. Kitchen Storage

The Home Management Specialist from Blacksburg, Miss Helen Alverson, also held a leader training meeting on improving the kitchen storage. The women learned of the various shapes of kitchens and which type was the most efficient. Not all of the women could carry out the helpful suggestions in their own home, but in some cases passed these ideas on to their club members. Many of the women were able to do something to improve storage space - for instance, by adding half shelves to their cabinets and cupboards. They also rearranged their equipment and cooking utensils to better advantages. Changes were also made in storing foods and foodstuff in the most convenient places. One hundred thirteen improvements in kitchen storage were reported by 45 home demonstration club members.

2. Clothing Construction

Women of the home demonstration clubs were eager to learn more about tailoring so the Extension Clothing Specialist was with us for an all day leader training meeting. She taught the correct method of making tailored buttonholes, how to cover a belt, and demonstrated how to cover buttons by using a button maker. Miss Johnson also discussed style trends and presented some outlook information on the clothing situation. Twelve new suits and coats were made as a result of the demonstration given to the leaders. One hundred five of the home demonstration women report 1788 garments made in 1949.

3. Food and Nutrition

Because meal preparation is a problem for many women during hot weather, the variety of recipes given for refrigerator desserts and salads was welcomed by the club members at their July meeting.

The food leaders, who had attended the all day demonstration given by Miss Janet Cameron, Food and Nutrition Specialist from Blacksburg, prepared 2 desserts and 2 salads for their club meeting.

The women were surprised at the delicious flavor of one dessert which contained buttermilk. Most of them thought it was impossible to use buttermilk as an ingredient for a sweet dessert and were delighted to discover that they could make use of such an inexpensive beverage in a delightful dessert.

The many uses of the electric mixer were discussed at the April meetings. This resulted in more women considering the purchase of a mixer and other women who owned a mixer, who used it only for cakes or special dishes, decided to use their mixers for foods they prepared for practically every meal.

Cakes and cookies are always a welcome treat for families during the holiday season and the women appreciated this information in December. The leaders or agent baked cakes and cookies designed to appeal particularly to the youngsters but they were devoured with delight by the adults as well.

4. House Furnishings

For the September topic, a leader training meeting was held by two local people; namely Mrs. John Massey, Edinburg and Mrs. Ernest Keller, Toms Brook on Window Plants and Winter Bouquets. The women were particularly interested in learning how to make their living rooms more attractive especially in winter because it takes the winter season to make us "home conscious."

The Extension House Furnishings Specialist trained leaders in pictures and accessories for the living room and they in turn gave the demonstration at their October club meeting. As the winter season is approaching, the homemakers are interested in adding little things that will make more livable living rooms.

5. Handicraft

Two meetings were devoted to decorating metal trays and other articles. The women thoroughly enjoyed these demonstrations and approximately 300 articles were re-decorated. Because of so much interest, the clubs held special all day sessions in addition to the regular meetings to continue their project. Many women changed worn out trays and discarded articles into attractive

useful things for the home. Empty oil cans were transformed into colorful trash baskets. Many of the clubs wish to have this demonstration carried into the next years' program so that they might improve their technique.

B. Other Activities

1. Federation Goal - Health

Health was selected as the Federation Goal for the year. A county health chairman was appointed and each club selected its own chairman. The county chairman and a committee selected club goals and individual goals to be carried out by each club and each member. The county chairman decided to have talks at some of the club meetings in order to meet the goals set up. The goals are as follows:

CLUB GOALS

1. Participate in Shenandoah County Hospital Drive.
2. Contribute to Cancer, Tuberculosis, Infantile Paralysis Drives.
3. Study Health and Hospital Insurance.
4. Study Planned Parenthood.
5. Publicise and support County Health Clinics.
6. Be familiar with the progress made in Cancer Control.

INDIVIDUAL GOALS

1. Thorough physical check-up during the year.
2. Take advantage of the county health clinics.
3. Have family's teeth checked twice a year.
4. Improve sanitation in homes by installing bathroom and running water.
5. Have drinking water inspected by the health department.

Discussions on health were held at the May meeting by doctors or nurses. There were movies shown at the meetings and these were enjoyed and the members found very much information in these movies.

2. Hospital Drive

The drive is still underway to raise enough money to erect a County War Memorial hospital. The home demonstration clubs had all kinds of money making schemes in order to make contributions to the worthy cause. The Woodscook and Strasburg clubs have already contributed \$100 each to the hospital - the most donated by any of the home demonstration clubs.

3. Honey Making Schemes

Four of the home demonstration clubs prepared and served a luncheon to the Rotary Club. One club served the Ruritan's. The Hudson Cross Roads, a remote club, cleared \$12.00 by serving dinner on Election Day. The New Market and Woodscook clubs had a covered dish Luncheon in order to make money. Some of the clubs hold food sales, auction sales or white elephant sales and make quite good returns. The New Market, Mt. Zion and Strasburg clubs sold either clothes hangers, ironing cloths or flavoring in order to get money, for their treasuries. The funds are used to promote worthwhile community prospects.

4. Relief Work

Home demonstration women were among the first volunteers to aid homeless people in the recent flood disaster in Rockingham County near Harrisonburg. They gave generously from their canned food supplies and contributed money, clothes and furniture to help the flood victims re-establish their homes. Some of the women worked in the relief kitchen and emergency dining halls that were set up in the public buildings in Bridgewater. Other women offered temporary shelter to children of the stricken families so that their parents would be free to work in the flood areas.

There gardens were washed out and families were without vegetables to eat in later months, several home demonstration members gave surplus tomatoes and beans from their gardens to families who were in need.

5. Shenandoah County Fair

This is the first year that the home demonstration clubs were asked to have an exhibit at the fair. Twelve home demonstration clubs selected committees and made arrangements for their educational displays. Each article had to be representative of an educational phase included in the local home demonstration program. This might include cakes and cookies, breads and variations, canned goods, flowers and flower arrangements, clothing accessories, tailoring, dresses, aprons, upholstery, refinishing furniture and picture frames, reseating chairs, rug candlewicking and tray painting. The 1st prize of \$25 went to the Woodstock Home Demonstration Club; 2nd to Forestville of \$20; Edinburg won 3rd of \$15; Samsville-Fairview, 4th of \$10; and Mt. Zion was 5th of \$5.

6. District Federation Meeting

The Shenandoah County Home Demonstration Club women are always much interested in attending the Federation meetings. They chartered a bus and most clubs had members in attendance at the meeting at Warrenton of District VII to which Shenandoah County belongs. However, some of the clubs in the lower end of the county attended District VIII Federation Meeting at Harrisonburg. Following these meetings, each club had delegates give reports of the district meetings.

7. State Federation Meeting

Four women from Shenandoah County attended the Virginia Federation of Home Demonstration Clubs and Institute of Rural Affairs. The delegates brought back much that has been helpful in the planning for 1950.

III. 4-H Club

A. Project Work

At each 4-H meeting in the fall, projects were discussed and the members selected the ones they felt would help them in doing better their work in the home. In May the girls chose other projects they wished to work on during the summer months. The project leaders were elected and they were asked to help with the project instruction.

1. Meal Planning, Preparation and Service

The mothers of the 4-H girls were so delighted with the results of the meal planning project in most of the clubs that they stimulated further interest in food preparation. Many girls want to carry over phases of this project into next year's program.

Several girls planned all the family holiday dinners and prepared most of the meals during weekends and vacation periods.

Properly setting the table and serving foods correctly interested most of the teen age girls who take pride in having the right thing on social occasions and establishing the habit of correct table service at all times.

Baking cookies and cakes for holidays and special parties were particularly interesting to the girls and they practiced cake and cookie baking most every weekend. The girls carrying this project prepared and served refreshments to the club members.

Each girl planned and prepared her own school lunch for two weeks. At one of the all day meetings during the summer, these girls prepared and served sandwiches of all kinds to the members enrolled in the clothing project. The girls realized how many varieties of sandwiches could be used and they experimented with new meat and cheese spread recipes.

• •

There were 25 girls carrying the Meal Planning Preparation and Service Project. As a result of this work, the girls planned 232 meals and served dinner 385 times; they planned and prepared their own school lunch for a two week period. These girls enjoyed preparing and serving refreshments to their club members at four L-H club meetings. They learned to cook vegetables so that they would retain their minerals and vitamins. Green or root vegetables were cooked 415 times and the girls made gravy for 152 meals. Eggs were prepared 206 times in many different ways. The girls made cakes or cookies 162 times.

Mickey Buchanan, Meems Valley, was the county winner and she participated in the area contest held in Winchester in August. Mickey won a blue ribbon award there.

2. Clothing Project

There were 51 girls enrolled in clothing construction and 46 who carried the project Looking Your Best.

In the clothing construction project the girls learned how to put in a zipper correctly, to make buttonholes, to put on facings and to put in hems nicely. The leaders attended a leader training meeting in Harrisonburg and assisted with their work.

As a result 132 garments were made at a cost of \$112.54 and 36 garments were made over or dyed at an average cost of 34¢. There were 364 garments darned or mended, 86 dry cleaned and 33 sweaters laundered.

Six girls kept a clothing account record for 6 months and the total amount they spent for outer garments, undergarments, accessories, care and repair and for personal care amounted to \$289.76, an average of \$48.29. These girls learned the correct methods of taking body measurements before buying a pattern. They compared their size with the standard sizes and made adjustments necessary. They improved in general techniques of sewing. Economy was practiced by many girls who used feed bags on hand. Very attractive dresses, blouses, skirts, shorts, pajamas were made from feed bags. Garments were worn to the club meeting and judged.

From the club winners, county winners were selected to enter the Area Dress Revue and Clothing Achievement Contest in Winchester. Charlotte Ortiz from the St. Luke-Summitville Club entered the Dress Revue Contest and won a blue ribbon. She had made 3 new garments and remodeled one for herself. The total cost was \$2.25 since she made excellent use of food bags. She darned 15 and patched 10 garments, washed sweaters 10 times. She kept a clothing account record for six months and spent \$18.96 for various garments and accessories.

Peggy Hoover, Foodstock, entered the clothing achievement contest and won a white ribbon. She made 6 new garments and has remodeled 2. The cost was \$9.45. She darned 14 and patched 5 garments, and washed sweaters 3 times. Peggy kept a very nice clothing record for 6 months and the total amount spent was \$78.00.

Since all of the girls are particularly interested in good grooming they enjoyed carrying the project Looking Your Best. In this, there were demonstrations on care of hair, skin, hands, teeth, nailing and equipping a mending box, learning how to press a skirt correctly and to wash sweaters. From the report sheets turned in, there were 13 girls who made improvements in the care of their skin, 46 who improved the care of hands, 38 tried to correct their posture, 28 learned more about caring for the hair and 45 took better care of their teeth.

Eleven girls provided a shoe shining kit for themselves and 12 made and equipped a mending box for quick repairs. Fourteen girls learned to store their clothing correctly for the spring and fall season. Thirty-three sweaters were laundered in this project.

3. Home Improvement

The girls who enrolled in the Home Improvement Project enjoyed their work because they made a color plan of their room and learned principles in arranging furniture. Improvements were made in 54 rooms by painting, cleaning or finishing the walls. Two floors were refinished. There were 7 girls who had closets built in. Two girls made their closets more convenient by adding shelves and rods. Twenty-four girls remodeled or refinished 45 pieces of furniture.

Several younger girls learned the principle in textile painting by putting designs on dresser scarfs and pillowcases. They were very enthusiastic about this work and want to continue this another year.

4. Food Preservation

Thirty-three girls learned how to can or practiced new methods in canning. Each girl was asked to make a canning plan for her family. The girls reporting canned 2343 quarts of fruits, vegetables and meat. They learned to prepare foods properly for freezing.

Betty Kipps, of Maurertown, was the county winner and she gave a demonstration on canning tomatoes at the area contest in Winchester. She canned a total of 304 quarts of fruits, vegetables and meats.

B. Other Activities

1. Community Project

The 4-H clubs have carried out good community projects. Each club made a donation to the Red Cross, Hospital Drive and to the religious education program. The Weems Valley club participated in the Rat Control Campaign and each member painted the family mail box and printed the name on it. The mail carrier was aided greatly by their doing this.

2. District 4-H Camp

Shenandoah, Frederick and Fauquier Counties attended camp in Powell's Fort Valley the week of August 15 and enjoyed a fine experience. More than 120 boys and girls besides the staff attended. There were 14 girls from Shenandoah County. The mornings were devoted to classes in handicraft, recreation and song leadership and swimming. Our club members found the week enjoyable and beneficial.

3. Rural Life Sunday

Each 4-H club attended church in a body one Sunday during May. May 22nd was designated as Rural Life Sunday, but arrangements had to be made with the local pastors for this special occasion.

4. Shenandoah County Fair

Seven 4-H clubs decorated a booth at the Shenandoah County Fair and entered exhibits. The club members with the cooperation of their leaders did a splendid job of arranging their display and there was excellent quality of exhibits. Home's Valley won 1st prize of \$30; St. Luke-Sausville, 2nd prize, of \$28; and the new club, New Market won 3rd prize, \$26. All other clubs won \$22.

IV. OLDER YOUTH

The only older youth organization that is functioning in Shenandoah County is the All Star organization which is discussed elsewhere in this report.

The home agent cooperated with the older youth specialist in getting a listing of ages of persons attending all types of Extension meetings over a given period of time during 1949. This check showed that we have very few between the ages of 18 and 30 participating in the regular Extension meetings.

V. Scope of Work

	1948	1949
Number Home Demonstration Clubs or Groups	17	18
Membership	489	500
Number 4-H Clubs	7	8
Membership	105	115
Number Older Youth Groups	1	1
Membership	25	27
Number of other families reached	1256	1129
Total number families reached	2019	1684

VI. Statement as to How Organizations Functioned in the 1949 Program

1. County Home Demonstration Committee

The home demonstration committee is composed of presidents of the 18 clubs and program development leaders from each club. The committee selects a chairman, vice-chairman, secretary and treasurer. They follow the plan of electing officers for a term of 2 years. The County committee plans the work and conducts

any business which affects the county organization of home demonstration work.

It was decided by the committee to hold an achievement program in the fall. The necessary committees were appointed to make plans and arrangements. The committee also decided to have yearbooks mimeographed in the office for the members and a committee was appointed to work on this.

- The county home demonstration committee selected a list of 8 goals for the clubs to achieve during the year. Each club completing 7 out of the 8 goals would be given recognition at the Achievement Program as a Standard Club.
- The goals are as follows:

- 1. Pay \$3.00 State Federation dues by March 1st.
- 2. Hold 3 demonstration meetings and picnic in the absence of the agent.
- 3. Have club represented at training meetings and home demonstration committee meetings.
- 4. Plan and carry out some community project.
- 5. Assist with 4-H work in your community.
- 6. Increase membership and improve attendance record.
- 7. Leaders arrange for demonstrations in unorganized communities.
- 8. One person responsible in each club for reporting club activities or meeting to local newspapers.

During the two months period the county was without a worker,

- the 1920 planning meeting had to be held. The Chairman, with some help from the District Agent, arranged for and conducted a very successful meeting at which presents and program development leaders from 13 of the 18 clubs were in attendance. The committees gave great consideration to whether or not they would hold an Achievement Day, but finally they decided on an evening meeting rather than an all day program as formerly. Various committees of the home demonstration women were appointed and they functioned effectively in putting on a successful program entirely under the direction and efforts of the county home demonstration committee.

2. County 4-H Club Council

This group meets quarterly. In January the council reorganizes and sets up objectives and score of points to determine the winner of the trophy to the champion club. In April, we had a recreational training meeting. Miss Mary Bair Bowman, Woodstock, had charge of this meeting and instructed the members in games and song leadership. A county wide picnic was held in July at Powell's Fort Valley Camp, where the boys and girls enjoyed all the facilities of camp. The council is a valuable asset to the club program. Leaders, All Stars and Older Youth help with the 4-H club council and their efforts are greatly appreciated by the club members and club agents.

3. County Chapter of 4-H All Stars

The 4-H County All Star Chapter met twice during the year. They elected new officers after the Achievement Program. At another meeting the agents presented a list of candidates to the All Stars. Records of their previous years of work were shown and after considerable discussion Anna Wilkins, Conicville and Colner Rosen, Meems Valley were selected as first choice candidates to be recommended for the State All Star Chapter.

Several All Stars in the county are serving as leaders and all have been loyal to the club program and they are always willing to cooperate. Mr. Colner, the county Agent who is a member of the All Star Chapter, is an officer in the county council and is always ready to help further the 4-H program.

VIII. Activities of Volunteer Leaders

1. Volunteer Leadership

The voluntary leaders are largely responsible for whatever success is had in the county. Too much cannot be said for the loyalty and cooperation of these leaders. The continued success of the program hinges on their help. The agent wishes to pay tribute to the devotion and leadership in Shenandoah County of these splendid folks.

The organizational leaders in the adult program have handled their particular tasks splendidly and are alert to many things that make for more success in the club. The training given at the county committee meeting and the Federation Handbook material have aided club officers in becoming more efficient.

2. Growth of Home Demonstration Club Project Leadership

	1948	1949
Number project leaders and goal chairmen	161	199
Number training meetings held		
By Specialist	7	7
By Agent	3	6
Attendance at all training meetings	163	166
Number club meetings held by leaders without agent present	67	88
Number club meetings at which leaders assisted	35	40

3. Growth of 4-H Club Project Leadership

	1948	1949
Number adult project leaders	10	9
Number junior project leaders	7	8
Number training meetings held		
By Specialist	1	1
By Agent	6	8
Attendance at leader training meetings	25	17
Number times 4-H leaders trained individually	15	16
Number club meetings held by leaders without agent present	12	38
Number club meetings at which leaders assisted	20	20
Number demonstrations given by leaders		
Adult	15	40
Junior	5	10

VIII, Significance of the Year's Work

The year, 1949, brought many changes into the homes of the home demonstration members in Shermanoak County. Improved conditions in rural houses were particularly noticeable. Materials which had been scarce for seven years, suddenly were available and neighborhoods where most families had used kerosene lamps, were able to have electricity. In several of these homes where new electrical appliances could be used, washing machines were purchased. After the demonstration on improving laundry space, the agent visited 14 of these homes where laundry equipment had been transferred from the old fashioned wash house to a pantry or space near the kitchen.

- The agent visited 8 homes where water and sinks had been added to the kitchen and shelves above the sinks and cupboards below had improved the kitchen storage space.

- One new club was formed where there had been no previous club or civic activities and the home demonstration meetings have given these women not only instruction in better homemaking, but also a social and business group which they enjoy. For the first time these women are learning parliamentary procedure and becoming leaders and officers in the home demonstration club.

- Another 4-H Club has been added this year and the girls project work, as a whole, measured up more favorably when they participated in the Area Contest in which adjoining counties took part. There is also a keener cooperation between the mothers and their 4-H girls. This, too, tends to make for better all round living in our rural homes.

#