

Annual Narrative Report

1945

Prince Edward and Cumberland

Emergency War Food Assistant ---- Eleanor L. Rice

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Twenty Home Demonstration Clubs functioned under the leadership of the Emergency War Food Assistant between the months of December 1944 and June 1945. These clubs have a total attendance of 250 members. In addition to the H. D. groups the Emergency worker gave assistance to a library committee to establish a reading room in order to serve the people of Prince Edward County. The reading room is located in Farmville. Many books have been donated by professional people of Farmville. The room is being used largely by rural and urban people.

The Emergency Food agent works jointly with the Farm agent with 17 4-H clubs in Prince Edward County. These have a membership of 810 members, 360 of which are boys and 450 girls. In Cumberland the agent works alone with 8 clubs, having a membership of 88 boys and 171 girls. The Emergency agent thus works with a total number of 709 4-H members. The majority of the projects selected were canning, gardening and poultry.

Through the neighborhood and community leadership system 895 families out of the 1698 farm families in the two counties have been reached with some phase of the extension program. The worker estimates a number of 900 families as having been reached with the Extension service.

#### Organization

The County Advisory Board of Prince Edward County is made up of 30 members 15 of whom are women. This board functions to do special planning for all county-wide affairs to further the work of the community clubs, and to develop and carry through a constructive program designed to meet definite needs of county people. The County Home Demonstration Committee consists of 12 members. This committee works jointly with the County Advisory Board in planning and carrying out activities on a county-wide basis.

The County Junior 4-H Council consists of 51 members. Two council meetings have been held this year to date.

Professional workers of both Prince Edward and Cumberland Counties have held several meetings during this year. Represented in these meetings were nurses, Farm Security Agents, A. A. A. representatives and both agents. These meetings were helpful in that workers from the various fields could meet and find out just what other workers were doing. It furthered cooperation among the workers in the two counties. The professional workers group of Cumberland decided in one of its early spring meetings to work on a special county improvement campaign. Such things as better gardens, the use of more milk in the diet, the screening of houses against flies and other insects, and several other things were to be worked on. The Emergency worker chose to work on the garden improvement phase. A report of work done on garden improvement will be made to the group in one of its fall meetings.

#### Leadership

There are three types of leaders functioning in Prince Edward and Cumberland counties: Adult club officers, project leaders and Community Neighborhood leaders. There are 40 adult club officers and 142 neighborhood leaders who do a very good job of spreading information among the county people. Training meetings are held at irregular intervals. So far 21 such meetings have been held with a total attendance of 52. Leaders have given 29 days to extension work, 4 demonstrations and 12 discussion meetings.

Both types of junior leaders function in Prince Edward County. Club officers and project leaders, also adult project leaders and sponsors. There are 51 project leaders and sponsors, 96 club officers.

Special meetings have been held with 4-H club officers for the purpose of teaching them proper methods of business procedure in conducting 4-H meetings. Adult leaders and sponsors proved very helpful in that they were able to conduct several of these meetings. Project leaders have proved very helpful in giving demonstrations to their groups as well as talks and discussion meetings.

#### Results

The Emergency worker assisted families with food project work in the following ways:

#### Production

The Emergency worker began early in the year stressing the importance and necessity of a greater production of food during 1945. Discussion meetings were held and the worker considered such matters as planning the family food needs and how to produce them. Housewives were assisted in making out canning plans for their families. The family garden claims much of the attention in these meetings. Families were given information on how to plan the family garden. Such factors as location of garden - fertilization and distances between rows - fencing in of the garden; insect control; all were brought out as being important in order to have success. Nutrition needs of the family was a factor given consideration in planning the garden.

#### Preparation

Demonstrations as well as individual help in food preparation have been and are being given to Home demonstration club groups by the worker, and Home Demonstration leaders. The importance of having food properly prepared and made attractive and palatable were stressed by the agent. Housewives were encouraged to have a variety of vegetables in their meals.

The Emergency worker is also encouraging housewives to give their meals more forethought. Meal planning has proven very interesting for the H. D. Members. Many groups are being taught the use of the pressure cooker in preparing meals. They find it fascinating and interesting to see how much time, energy and fuel can be saved by using the pressure cooker in preparing meals.

#### Nutrition

Most nutrition discussions that have been given were coupled in with food demonstrations or discussions. Nutrition Charts such as the "Basic Seven" and the "White Rat" Charts were most helpful in teaching the effect of good and poor nutrition on growth and development. Simple tests were given to several H. D. groups to let each member know where he stood.

#### Preservation

Families were assisted with food preservation through demonstrations and individual assistance in canning, brining, curing and proper storage. Pamphlets on the canning of vegetables fruits and meats were distributed among H. D. members and non-club members as well.

#### Clothing

#### Construction

The Emergency worker assisted a group of young housewives and mothers in learning how to use a pattern correctly. Only childrens' garments were made in these lessons. Due to the scarcity of cotton, print materials, colored and white feed bags were used.

### Home Management

#### Kitchen Arrangement - Storage and Laundry

Mrs. Esther Stokes of Zion Hill Community had a spacious basement that she used as a junk room. While visiting Mrs. Stokes on a very hot afternoon the agent chanced to go down into the basement and there saw wonderful possibilities for a nice cool summer kitchen, excellent storage space and laundry room. The idea was talked over with Mrs. Stokes and later with both Mr. and Mrs. Stokes. Plans were made for moving our all needless articles. With Mrs. Stokes the worker planned the arrangement of her kitchen furniture, laundry equipment and storage equipment. The next H. D. meeting in Zion Hill Neighborhood is scheduled to be held in Mrs. Stokes newly arranged basement.

#### Agricultural Board

The Emergency worker gave assistance with the farm agent, county agricultural board and the home demonstration committee in sponsoring the County-wide Farmers' Conference in Prince Edward County. Seeing that there would be a need for a lunch period on the day of the conference the worker grasped the opportunity to make the lunch program a supervised affair. The H. D. committee worked out a suitable menu for the occasion and the Emergency worker made copies of recipes needed in this menu. Special meeting of the H. D. clubs were called in the various neighborhoods and members were asked to be responsible for certain dishes that appeared on the menu. Recipes were fully explained and distributed to the club members. The twofold purpose of this lunch program was to encourage attendance to the meeting and to teach food preparation.

### 4-H Clubs

Among the 709-4-H girls and boys projects were selected such as bread making, poultry, gardening, child care, canning, and milk, butter and cheese. Leaders were trained to give bread making demonstrations to several 4-H groups. During other meetings samples of the club members bread were brought to be judged by the Emergency worker. Ten bread making projects have been completed so far.

A demonstration on cleaning a poultry house was given by the worker, assisted by three 4-H boys and girls. 4-H club members were encouraged to order their baby chicks from reliable hatcheries, to prepare for them ahead of their arrival, and also to feed and care for them properly.

All 4-H members carrying canning projects made canning budgets for their families. Many of these worked with their parents in making this plan. The emergency worker has given much assistance in making these budgets. Canning demonstrations are getting well underway.

Carriers of milk, butter and cheese projects are being taught how to milk properly. Project leaders prove very helpful in giving demonstrations to 4-H boys and girls on the proper care and handling of milk and butter.

The Emergency worker has worked with the salvage committee to gather clother for people in liberated areas over seas, the war bond committee and on a committee to raise funds for the Southside Hospital here in Prince Edward county, and also with the County Home Economic Teachers.

1945

ANNUAL NARRATIVE REPORT

of

Etta M. Lytle, Local Home Demonstration Agent

in

Pr. HOWARD COUNTY

July 1, 1945 to November 30, 1945

**NOTE**

This report is based on the work conducted in the Emergency  
Food Program by Mrs. Eleanor L. Rice from Dec. 1, 1944 to  
June 30, 1945. The present agent began work July 1, 1945.

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### SCOPE OF WORK

There are eight Home Demonstration Clubs in Prince Edward County with a membership of 125 and 17 Four H Clubs with a membership of 450. These clubs meet every month with the purpose of carrying out the extension program.

There are 815 families reached by neighborhood and community leaders. These leaders are trained in meetings and then they take the information back to their communities either in form of a discussion or a demonstration.

Two hundred and fifty families were reached directly by the Home Demonstration agent and there are 815 families in Prince Edward County to which extension work has been carried during the past year.

### ORGANIZATION AND LEADERSHIP

This is the first year that Prince Edward County has had a Home Demonstration Agent to serve the needs of colored families. When I came to the county July 1, the emergency foods program was carefully studied as a background for organizing a program of action. Leading citizens, professional workers, teachers, business men, farmers and their wives were contacted to discover the needs and to plan a program that would bring the best results.

There are 815 farm families in Prince Edward County, two thirds of whom live on small farms they own. Their income is mainly from tobacco and occasionally from live stock, grain and other home and farm products on a small scale. The most urgent need as indicated from this initial study were: better food habits, storage and conservation of more of the products they were growing for home use, better sanitation and home improvement.

As a result of this information eight Home Demonstration Clubs with 125 members were organized in eight communities where the interest and need was greatest.

#### County Home Demonstration Committee

The County Home Demonstration Committee consists of two members from each club in the county. There are eight clubs so the membership of the committee is sixteen women. The committee meets twice a year. In these meetings the women bring in and discuss the various needs that are most vital and need immediate attention. The committee is given an idea of the various districts in the county in order to show where different clubs need to be organized. The Home Demonstration agent takes all of this information and makes her plan of work on the basis of the needs of the people in the county.

## County Agricultural Advisory Board

The County Agricultural Advisory Board of Prince Edward County is composed of 30 members--one woman from each Home Demonstration Club and two men from each Community Club. The purpose of the Board is to improve practices and carry out the extension program. This board meets quarterly and new ideas and practices received at this meeting are carried back to the communities by the various representatives.

There are 85 leaders actively engaged in extension work and of these, 33 are women and 52 are men. The leaders help to carry the extension program to the 25 neighborhoods in the county. Excluding the above leaders we have eight men and twenty-one women leaders for the 4-H Clubs. There was an increasing need for older club leaders so 6 boys and 6 girls were selected for older youth club leaders.

## 4-H Club Council

The 4-H Council is composed of the officers of each club and one additional member with club leaders and agents acting as advisors. There are sixty eight members in our council with twenty one leaders. This council met once this year. The first meeting dealt with officer training. Each group of officers was trained in the duties of the respective office. These groups consisted of a group for President, Vice Presidents, Secretaries, Assistant Secretaries and Song leaders. In the afternoon meeting clubs goals and activities

- were planned. Plans were made for achievement days, Rural life Sun day, May Roundup and individual club aims and goals.

#### Professional Workers Council

The Professional Workers Council consists of the Farm agents, Home agents, Nurses, Farm Security, Farm Credit Emergency Crop Loan, School, Federal Farm Loan, Production credit, Forest Service, Soil conservation, AAA and U. S. Employment Service agencies. One meeting a month or twelve meetings a year are held by the professional workers. At each meeting some member of the conference discusses his program of work and how this program is carried out during the year.

Each member brings in each various problems that have confronted him during the previous month and the problems are discussed and attempted to solve.

#### RESULTS

##### Home Demonstration Clubs

The people in Prince Edward were very eager to know the food situation in the United States and other countries so the home agent used this as the basis of her work with production and preservation of foods.

By using the food shortage as the main example the agents ~~was~~ were able to get three hundred and forty families to improve

their food supply by making changes in home production of vegetables, fruit, meats, milk, poultry and eggs. Most of the families have fall gardens. Over three hundred and seventy families improved on food preservation. Many families did not have pressure cookers so these were encouraged to go to the canneries to can their non acid vegetables and also meats. There seem to have been more people using the canning center this year than in previous years--as stated by many people in the county.

The agent was greatly impressed by the eagerness of most people in the county to improve their diets and their preparation and selection of foods. The agent first started with the garden and encouraged the people to grow a variety of vegetables. Then the planning of menus was taken up to improve their eating habits. The agent then gave demonstrations and discussions on ways of cooking vegetables and meats to preserve food values. Three hundred and seventy families were helped in this way.

#### Clothing

Each member in Home demonstration Clubs was encouraged not to buy during war time unless it was absolutely necessary. This was done because woolen fabrics especially in war time are not as good as those bought during peace time. Each

member was asked to make over old garments and take care of the garment by brushing and airing frequently to prevent wear. The club members were to take this information to others around them and did. The home agent reached others in the county by home visits and circular letters. The club members were greatly impressed with the discussion and illustrations made on clothing and each member began to renovate old garments that had been thrown away. By doing this they saved money and had better garments.

#### Home Demonstration Club Activities

The Farmville Route 6 Club has done a commendable job this year. There are 12 members in the club representing 12 families. The first project worked on by the club was that of buying a pressure cooker. Each member felt the need of a pressure cooker in the community so the club decided to have a Lawn Party during the early summer to raise money to purchase this pressure\*caner. Each member volunteered to bring something to sell. There were also games to play and ~~lots~~ to do for all ages. The party went over big and after the expenses were taken out the club had enough money to purchase a large pressure cooler. This pressure cooler is kept in the community to be used by the members as they need it.

There are about 38 small children in the same locality. The children have no means of transportation to church on Sunday

School in town. The club members saw the increasing need of a Sunday School so they decided to organized one in the community. The Sunday School was organized in August and the enrollment is 28. The school meets every Sunday evening at 4 P. M. at one of the homes of the club member's, Miss Lucille Spraggs. This has done much for the uplifting of the community especially the children.

Each member in the club feels proud of her year's work. To show this appreciation the club decided to give a Thanksgiving basket to some-unfortunate person in the community. The basket consisted of canned foods from each member along with other vegetables and meats that had been stored. Each member of the club said they enjoyed Thanksgiving this year more than ever before. The agent assured them that this was because they shared their blessings with some unfortunate person.

#### 4-H Clubs

The 4-H Clubs in Prince Edward County have increased their enrollment since 1944 from 450 to 810. There were 205 boys and 245 girls enrolled in club work last year and now there are 450 girls and 360 boys enrolled. This increase was due largely to the coming of the Home Agent to the County. This is the first year a home agent has been in Prince Edward.

In 4-H Club work as well as any other form of extension work interest is the main item. Old club members and new ware

given facts, demonstrations and illustrations in order to show them the need of being a 4-H Club member. When the members and non-members were interested to the point of action it was necessary to increase their interest by bringing new and better methods and procedures to them from time to time.

There are 17 girls that had bread making for their project and of these 17 girls 13 completed their work. The girls in Breadmaking carried their project out in steps. At the first meeting the agent explained the advantage and need of making good bread. Each member was given instructions as to the number of times she was to make bread during the time in which she was carrying out her project. At the next meeting the agent gave a demonstration on the making of biscuits but before making the bread the agent explained the ingredients and equipment needed in making biscuits. Measuring of ingredients was strongly stressed. The agent made two doughs in this demonstration. One dough consisted of ingredients that had not been measured correctly and the other of ingredients that had been measured. This was done in order to compare the two breads and the club members were greatly impressed at the two different products. Before the close of the meeting the agent discussed the cleaning of the kitchen and equipment after making bread. Then the

agent gave each member literature on Breadmaking and each member was asked to make bread before the next meeting and bring a sample to the club to be scored. The third meeting consisted of scoring the bread brought to the club. From meeting to meeting demonstrations were given on different kinds of breads and at the last meeting of the year each member was asked to bring another sample of bread to be scored. The agent along with the members of the club scored the bread and noted improvements, that had been made during the year.

Since many of the 4-H Club members did not have available material for carrying out the project on milk, butter and cheese there were only 2 members enrolled. Both of the club members worked mainly on milking of the cows. Each member had one cow and one calf.

The members enrolled in the above project were given the instructions for milking, the characteristics of a good milker the conditions of the stables, the health of the cow, and the preparation to be made for each milking. The members were visited during the milking time to note progress in milking. This project is to be carried on by the members next year. There will be a continuation of the butter and cheese making. Each member thought it was best to start with milking and then continue through with the making of

butter and cheese.

There were 167 members enrolled in poultry raising and 134 of these completed their project. All details concerning the housing, feeding, and surroundings of poultry were given to the members at the first meeting. The agent also gave the members the number of chickens to be raised and also suggested different breeds of chickens to order.

The agent visited most of the members in these projects to see how well they were carrying out their project. Record keeping and why one should be kept was discussed. To explain further what has been done in poultry raising the agent will give the work of one club member, Miss Frances Lancaster, which is typical of 4-H Poultry Project work. Frances has been a 4-H Club member four years starting at age 10 with 50 baby chickens. The project has grown each year and this year she started 1000 baby chicks turned out 300 layers and enlarged the laying house to care for the increased flock.

On March 15 she received 500 Barred Plymouth Rock Chicks, placed them in a thoroughly cleaned brooder house with an oil baring brooder. She raised 469 of these to 12 weeks. She turned out 225 of these for layers which is the bulk of her present layers and sold the rest for meat. They averaged \$1.03 per bird which totaled \$231.75. The expenses to this point was \$165.00. This left \$66.75 to feed the pullets until they

were put into the laying house in September. When they began to lay her account showed a deficit of \$35.00 not including the value of the flock. This was absorbed by November 1. During November she sold 8 cases of eggs totaling \$140.00. Her feed bill this month was \$72 which means a profit of \$68. While these pullets were developing into layers she raised another batch of 500 chicks to sell as broilers. She started these chicks June 15 raised 472 to the fryer stage and sold them for \$484.16 which was a labor profit of \$219.16. She is saving her money by investing it in War Bonds for her college education. She has one more year in high school and she is planning another year of poultry raising.

While encouraging people in the country to raise and can more food the agent also inspired 147 members to have gardens as a project and 111 to have canning. Size of garden, seeds, fertilizer and the weeding of the garden came as the first discussion on gardening. Then the agent discussed the purpose of cheese and vegetables and what part they play in the diet. Many of the members' gardens were visited and judged by other members and the agent. Since it was not possible to visit and give criticisms on each garden, the leaders carried this information to those not reached by the agent.

There were 1335 quarts canned alone by 4-H Club members and they helped to can 445. In this project the agent started with explaining the equipment needed in canning and then the

use, care and how to operate the pressure cooker. Then the discussion of the canning of fruits and vegetables especially on why they spoil. The agent then gave demonstrations in canning vegetables and also visited many members to see food canned by them.

With the increasing need for child care for both young and old the age group was able to encourage 3 Four-H club members to take it. First they were told what was expected to be done in this project. The directions for bathing, feeding, cooking, play habits and games were discussed next. The agent was able to visit each of these members to note progress and give suggestions for improvement.

FOR PRINCE GEORGE COUNTY SEE SURRY COUNTY

1945