

VIRGINIA

AMHERST COUNTY HOME DEM. AGENT ANNUAL REPORT 1943

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VIRGINIA  
ANNUAL-NARRATIVE-REPORT  
OF  
HOME-DEMONSTRATION-WORK  
IN  
AMHERST-COUNTY

December 1, 1942 to December 1, 1943

(Mrs) Lillian H. Livesay  
County Home Demonstration Agent

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### III. SCOPE OF WORK

- A. Home Demonstration Clubs:  
 no 13                    membership 380
- Food preservation & storage groups of non club members  
 no 4                    membership 40
- B. 4-H Clubs:  
 no 14                    membership 397
- C. Older Youth Clubs:  
 no 2                    membership 145
- D. No reached through special classes taught by agent  
 Nutrition classes no 15    Attendance 453  
 Canning and dehydration demonstrations: no 20    Attendance 393  
 Meat canning demonstrations: no 4    Attendance 44
- E. No families reached through neighborhood and community leaders: 1500
- F. Estimate of total no. families reached 2,900  
 No farm families in county 1739

### IV ORGANIZATION

- A. County Home Demonstration Committee  
 The Amherst county home demonstration committee is composed of 19 members who are chairmen of the 13 clubs and six members at large. The county officers are elected from this number and serve two years each. The members at large also serve two years and are elected by the acting chairmen of the county clubs.

The county committee is the executive planning board for the extension work with rural women. It meets in the spring for making plans to meet any emergency needs, and to attend to the state federation goal and financial needs. The committee meets in the fall to plan the program for the following year after the individual clubs have expressed their desires in their club discussions. The chairmen of the clubs set up the program that will meet the greatest needs as expressed by these club chairmen, representing their clubs.

The following program was set up by the program planning committee for 1943.

- December- Demonstration in sugar saving Recipes for Christmas.  
 Family Recreation.
- January- Federation Goal: "Care and control of Communicable Diseases "
- February- Demonstration: Garden and Poultry Production.
- March- Demonstration: Clothing remodeling Clinics
- April- Demonstration: Clothing Consumer Purchasing Information
- May - Demonstration: Food Preservation
- June- Demonstration: Household Equipment Repair Clinics
- July- Demonstration: Care of House Furnishings: Consumer Education

August - Open to Clubs:  
 September- Demonstration: Storage of fruits and Vegetables  
 October- Demonstration: Achievement Reports. Report of State  
 Federation meeting by County Chairman  
 November- Federation Goal " Post War Planning" and election of officers

The program underwent a few changes through the year as the need arose. The final figures shown elsewhere will show the good results obtained.

#### B. County Agricultural Board

The county Agricultural board composed of the Professional Workers Council, chairman and Co-Chairmen of the 16 committees, County Nutrition Chairman, County Home Demonstration Agents Committee Chairman, County OGD Chairman, County WFB Chairman, County Older Youth Chairman and outstanding County Banker.

Officers of the board are elected from among and by its members.

It serves as overall planning committee to get information to and from the entire county which is for the most part, rural. This Board meets twice a year or more often if its services are needed. It had met three times in 1945 to plan and carry out the three programs which were delegated to it. (1) SHARE THE MEAT (2) VICTORY GARDEN PROGRAM.

(3) FOOD FIGHTS FOR FREEDOM.

Organization:

No committee 16 There are 30 Professional Workers in teams of two to instruct and work with each community in the county.

No Neighborhoods: 16

No Community Chairmen and Co-Chairmen 30

No Neighborhood Leaders: 97 men, 98 women

No Older Youth Assistants: 4

The system is functioning very well for a volunteer program, in spite of tire and gasoline rationing. The literature for the Share The Meat Program was well distributed through churches and schools and also through neighbor contact. The Victory Garden Pledge cards to be returned to the office of the Home Demonstration Agent requesting assistance numbered 725. Information was mailed at different times to these people who were not reached in organized groups. The Food Fights For Freedom program has had its first meeting called by the OGD Coordinator with an attendance of 27 persons who discussed the program and pledged to cooperate in every way to get the educational information to every rural home.

#### C. Professional Workers' Conference

The Professional Workers' Council is composed of representatives from F.S.A Vocational Agriculture and Home Economics, County School Administration, County Board of Health, Public Welfare Department, County Nutrition Chairman, War Production Board Chairman, OGD Coordinator, O.P.A Service Chairman, Federal Land Bank, Feed and Seed Loan, Chairman Home Demonstration Committee, County Farm Agent, County Home Demonstration Agents, white and colored. AAA Chairman

This organization has met three times during the year whenever the need arose to discuss something pertinent to the war effort wherein rural people were involved. Before each drive or campaign put on by neighborhood leader system the Professional Workers met to study the program and plan for its execution.

The Home Demonstration Agent has had a large share of responsibility in the programs involved during the year, and has taken the lead in discussions and in supplying educational material. She has worked as Professional advisor to three communities and has met with six community chairmen for the F.F.F.F. campaign. She requested the OCD Coordinator to order the educational literature and organize the first meeting where she presented the information which was a brief of the pamphlet Food Fights For Freedom. She has organized the Professional Workers for the job and has mailed out the literature and two letters to the community Chairmen, with full instructions for the campaign.

#### V. Leadership

A. Adult work	no leaders	No meetings	Attendance	Demons.
a. Club officers	15	2	18	168
b. Project Leaders	52	5	76	360
c. Federation Chairmen	13	2	16	26
d. Community	27	3	60	162
e. Neighborhood Leaders	186	10	430	760
<b>Totals</b>	<b>291</b>	<b>20</b>	<b>600</b>	<b>1476</b>

#### Adult Club Leaders of the above chart

- a. There are 15 home demonstration clubs with a chairman of each. They were called to two meetings during the year other than in their own monthly club meeting. They had an attendance of 18 at these two organizational training meetings held to attend to the business of the county organization and to plan the new year's program for 1944. They have given an average of 168 demonstrations during the year with 12 meetings being held by each club at which time the Chairman presided.
- B. Each Club elected four project leaders to take care of the demonstrations in the club program. Food, Clothing, Garden and Poultry, also House Furnishings repair. These leaders had three training meetings held by Specialists and two by the Agent who received training a group with other agents.
- C. The Clubs selected Citizenship as their Federation Goal and elected a Goal Leader in each club. These leaders were called together twice during the year to plan how to present the program in the Clubs. They decided to have a health emphasis to citizenship in the January Club meeting at which time they studied the control and care of communicable diseases prevalent among children. They also planned to cooperate with the County Public Health Association in educating the public prior to the T.B. X-ray Clinic to be made available to high school age people of the county in May.

Another meeting was called in the summer to plan the second demonstration of the year which was, Post War Planning. This was to study the pamphlet, "Winning the War on the Spiritual Front," which was presented by five members in each club in the form of a panel discussion.

4. Community Chairman play an important part in the Neighborhood Leader system used to take information to and from the rural communities. Each of the 16 committees is supposed to have a man and a woman as Chairman and co-chairman, but several of these groups have only one woman as there were no men who would serve in this capacity. These 16 Chairmen were called together for training three times during the year prior to each campaign handled through the leader system. They in turn went back to their neighborhood leaders together for training and organization.

5. The Neighborhood Leaders serve as contact people for reaching every home when there is information that should reach them. The County has been devised so that each natural neighborhood can be reached by the leader. The suggested number for each leader is ten or twelve families although some have double this amount due to lack of people who will serve in this capacity.

#### OUTSTANDING ACCOMPLISHMENTS

##### Federation Goal "Citizenship"

The Federation Goal Chairman selected January and November as the two months for developing their Goal during the year. They met in the Agent's office in December and selected material to use in developing the health program in January. They decided to use a John H. Snook Life Insurance Bulletin in Care and Control of Communicable Diseases among children. In addition to this they secured bulletins on symptoms of T. B. and its care and control. These were supplied by the Public Health Department of Richmond. In preparing the program in the various clubs the Chairman led a discussion of the most common of the children's diseases, their symptoms, and their care. After this they studied the disease which attacks the teen age child more than any other age, Tuberculosis. Each club decided to distribute the T. B. literature to every home in the community and enlist the parents cooperation in supporting the T. B. X-ray Clinic to be available to all high school age persons of the county in May. As a result of the extensive educational program and the cooperation of the club members in transporting children to the four clinic centers of the county, 598 persons received the X-ray examination and only four of this number were advised by their family physicians of a need for treatment. 460 bulletins on T. B. were distributed to rural homes of the county, during the educational drive.

The second demonstration conducted successfully by the Federation Goal Chairman was the Panel Discussion held in the November Club meetings. The Chairman of each club secured volunteers who would read a chapter in the Pamphlet, "Winning the War on the Spiritual Front." Each of the clubs held interesting discussions, some being held at the regular club meeting time, others held at night when the families of the club members could attend. Several other pamphlets were ordered by the Agent from the American Peace Foundation and these were distributed to various homes of the community for further reading. After the discussion in the clubs a resolution was presented by the Chairman for action by the members. This stated that they as a club had studied various phases of World Peace and favored action by the U. S. as one of the United States Nations in providing ways and means for smearing, administering and enforcing international law as a substitute for war. These resolutions were signed by the officers of the clubs and are to be sent to the congressmen of this district to encourage them to action.



## Junior Leaders

1. There are 14 organized 4-H clubs with five officers in each club. These officers function at each club meeting, conduct the business session and lead in songs and games when time permits.
2. Each of the 14 clubs had a clothing leader training meeting which their clothing project leader attended and they in turn brought the demonstration to their club with the assistance of the agent and the adult club leader. The club officers and project leaders attended a combined leader training and council meeting Feb 26 in the office of the district Agent. Officers were elected for the year and the club standards were set up for the year. In the afternoon session the state clothing specialist, Miss Iva Byrd Johnson gave the adult leaders and the older girl club leaders training for three demonstrations in the care and repair of their clothing. It consisted of posters and charts to show style trends in war time, remodeling or restyling, the washing of sweaters and the storage of same, also the care and repair of footwear. These demonstrations centered around garden production were given in the clubs during the spring months. The summer months demonstrations centered around canning, drying of foods and storage.

No. Older girl leaders	training meetings	attendance
28	2	65
No officers	60	2
		32
No demonstrations given	Older Girl Leaders	70

## O. OLDER YOUTH

The spirit of the older youth has deepened during the year in the absence of the older boys who have left for the service. The need for better program planning and execution was answered by the formation of a Program planning Council composed of two boys and two girls from each of the two organized clubs. They met three times a year and the program for the next four months was planned. The same program was used in each club. By having this planning done at frequent intervals adjustments could be made according to the needs of the group.

Each club has two adult women, mothers of club members, who attend each meeting and assist in the program planning. Each club has an able director of recreation who engage the entire group in circle and line games for at least half an-hour of the meeting time. The agent always attends the monthly meetings and from time to time informs the club of rationing changes they need to know. The clubs are a county institution and supply a need for community recreation to a large group of 145 youth. The four active All-Star members in the county are regular and active club members and serve as advisors to the two clubs.

## VI. RESULTS

## A. Home Demonstration Clubs

## 1. Project Work:

## a. Food

## (1) Production

There were 178 members of the home demonstration clubs who submitted a written report of their production and conservation for the year and 68 neighborhood leaders and others. This total of 246 homes reported the following figures and from these totals an estimate

was made for the entire county production and conservation of food.

No. gardens 196  
Chicks started 21,470  
Layers kept 6,938

2. Conservation

There were 178 members of the Home Demonstration clubs <sup>who</sup> submitted written reports of their conservation of food, and 68 neighborhood leaders and others.

Fruits and vegetables canned -----	82,733 qts
Pickles, preserves and relishes -----	4,893 containers
Meats canned -----	4,092 qts
Chicken canned -----	942 qts
Potatoes and other vegetables stored -----	2,827 Bu
Fruits stored -----	2,195 Lbs
Food dried -----	641 Lbs

3. Nutrition

During the year an estimate of 815 individuals attended club meetings where the enlarged game "Vitamingo" was played. These also received instruction by chart and demonstration on eating habits, food selection and food preparation. Many bulletins on food selection and preparation were distributed to these members. The Booklet, Fighting Food has been used in the 13 Home Demonstration Clubs and 14 - 4H Clubs, also the two Older Youth Clubs.

In the month of June the Agent gave 15 canning demonstrations to a total of 143 women. In these demonstrations 111 qts of food were canned. Club women assisted with these demonstrations. In addition to this the agent conducted 4 meat canning demonstrations with 40 women present. 47 qts of chicken was canned. These demonstrations were given to women who had not previously canned meat and were therefore considered work in better Nutrition as they added a variety of meats to the diet.

b. Clothing

(1) Construction

The agent attended a leader training meeting held for the clothing leaders in Nelson County, and with this instruction by the state clothing Specialist, Miss Iva Byrd Johnson, called a meeting of the Amherst Clothing Leaders, March 30. This meeting was attended by 20 leaders in an all day training meeting held in the home of the Agent. At that time they received training for the March and April meetings. The March meeting were held as Clothing Restyling Clinics. Suggestions were given for Restyling by means of charts and leaflets, and the women who had brought garments to remake, modeled the garment and the club members with the assistance of the agent, suggested different changes and proceeded to make them on the model. Five clubs held all-day meetings and brought their lunch in order to accomplish more. Other clubs held a long afternoon meeting and accomplished the same amount of work.

(2) Consumer Problems

The Agent trained the 20 clothing Leaders at the same meeting held for the Restyling Clinics. Information was given in new fabric and their care. Samples of new material on the market had been collected from the stores in Lynchburg and also from mail order companies for examination. Instruction on points in buying ready-to-wear garments was also given. This demonstration was given to the 13 home demonstration clubs in April.

## (3) Sewing Machine Clinics

The state engineering Specialist, E. T. Swink, gave training to Nelson and Amberst county professional workers Jan 9 in the Amberst Agricultural shop. Of those professional workers from Amberst who attended, only one returned to the county after the end of the school year. The Agent alone conducted three machine clinics with a total of 26 machines repaired. The Specialist returned to assist in one of these clinics and club members and others from three communities attended. Other machine clinics are scheduled to meet in December 1943 and will be reported in the 1944 annual report.

## C House Furnishings

## a. Furniture and Furnishing repair

Miss Ruth Jamison, House Furnishing Specialist of V.F.I., conducted a leaders training meeting May 17, in the home of the Home Demonstration Agent, Miss Jamison demonstrated new and easy methods of removing spots from furniture and gluing broken furniture and trussing it up with ropes and olamps. She also gave recipes for cleaning brass and other metals. The women who attended brought electric cords which they were taught to repair, also chair cushions with broken or untied springs. Miss Jamison retied the coils and made pockets for each spring. These demonstrations were given in all 13 clubs in July by the leaders who were trained. The Agent gave the demonstration in clubs that were not represented at the training meeting. These meetings were the best attended of any during the year as the demonstration was something practical in which more women were interested. It is estimated that at least 200 women did repair work to five articles and assisted neighbors with as many more.

## D Home Management

## a. Storage

The agent attended a group training meeting of agents held in Appomattox August 17, by E. T. Swink Agricultural Engineering Specialist of V.F.I., Extension Division. The Amberst county farm agent also attended as well as W.F.B. Chairman and one of the farm women assisting with one group of rural women with the Home Economics Department as unit 15. The farm agent conducted one of the Home Demonstrations, the W.F.B. chairman another and the farm woman representative gave the demonstration to about 25 non club members. The agent either trained leaders or gave the storage demonstration to eleven home demonstration clubs and neighborhood groups. The information was also given to Older Youth Clubs by the agent and storage bulletins were furnished them. An estimate of 945 different farm homes were reached with storage information and as a result of these demonstrations and news paper publicity.

## Home Demonstration Club Activities

## b. Special Activities

In August, the month left open for clubs choice of demonstrations, some of the clubs had a picnic and in addition had a speaker. The two Sweet Briar College instructors take an active part in the county club work and one is President of one of the Home Demonstration clubs and also county Home Demonstration Chairman.

During August this county Chairman visited half of the home demonstration Clubs with a report of the State Federation meeting, and the other half in September. During August the other Sweet Briar College instructor who is O.P.A. Service Chairman and member of the County price Panel, visited on half of the clubs and completed the number in September. Each club had the privilege of two outside speakers with an important message to them during those two months. Valuable information was gleaned from the women by the O.P.A. chairman who also served to settle important questions for the county women. The pledge for cooperation in the O.P.A. Price control program was taken by the greater part of the club women, a campaign to collect fats for explosives was begun and will end in December with a report in each club of accomplishments. The tin can salvage, also rag and paper salvage was also presented by these speakers.

### 3. Account of one outstanding Club Member

One rural farm woman, Mrs. J. V. Howell, New Glasgow, Va. has demonstrated that woman can accomplish an outstanding job as homemaker, Mother and public citizen.

Mrs Howell lives on a large farm of 600 acres nine miles distant from the county seat. She is three miles distant from the village of Clifford. Mrs Howell who was a former teacher in the county is now the mother of six children, four of whom are in school, one in Sweet Briar College. She has been a member of the Clifford Home Demonstration Club for eight years, and has served this club as officer of some kind practically every year. For two years she has been on the lunch room committee for the local school and has helped plan the menus and at times has assisted in their preparation also. This year she has provided for the feeding of her family by canning a total of 1,269 quarts of fruits, vegetables and meats, and has assisted her husband in storing 90 bu of potatoes, 21 bu of apples which were raised on the place. She personally graded and packed these. She has 60 bu of other products stored. She started 450 chicks and kept 150 layers.

In addition to the food production and conservation she made 2 pr. of curtains, painted two rooms, remodeled the kitchen and put in two stoves and ventilators.

As a public citizen she found time to assist at the ration board 1 day a month and gave 2 hrs a week all year to the Red Cross, working in the bandaging room and delivering and collecting Red Cross materials and securing cooperation of others in the work. She came in one night of each week working 250 hrs in the surgical dressing room and brought a car load of her neighbors each time. In other activities she served as county chairman of the Public Health Association this year and is Vice President of her church auxiliary.

Mrs Howell is a constant source of inspiration to all who know her and is untiring in giving cheerfully of her time. She is an outstanding mother, housewife, church worker and war worker.

### B Agricultural Boards

a. The first program of the 1945 club year was the Share the Meat campaign. The agent in cooperation with the county Nutrition Chairman, invited the members of the Professional Council to a meeting to study the program

before presenting to the rural people through the neighborhood leader system. This was held in the Amherst court room November 20. The district farm Security Supervisor explained the program and the literature was given to the Professional workers as to take to their community meetings where the Chairman and Co-Chairman could arrange a meeting of their neighborhood leaders. The agent took a very active part in this program and assisted three communities with their meetings.

b. The second program to be taken to the rural people by the Neighborhood Leaders was launched in the Amherst Court House, March 16, 1945.

The program was called the Victory Home Food Supply Campaign. First a meeting of the Professional Council was held to plan the presentation of the program and they decided to discuss the following topics in addition to the above mentioned: Farm Labor Program, Special War Crops, War Production Board Activities.

Mr Hummel of V.P.I. attended the meeting of the county Board and explained the above programs. Attending the meeting were 62 citizens and Professional workers who were to assist their community Chairman in local training meetings. As a result, 14 communities cooperated in the campaign and 725 cards were returned to the agent requesting literature. This required a great deal of the agents time, and she attended three night meetings.

o The Food Fights for Freedom Campaign began in the county Nov 19, when the agent and the O.C. D. Coordinator explained to the members of the Professional workers and organization leaders as well as colored and white Ministers and school principals, the importance of food as a weapon in winning the War.

The agent gave a summary of the pamphlet, Food Fights for Freedom and then organized the Professional workers for their contacts with the community Chairman in their local training meetings for Neighborhood Leaders. There were 47 who attended this meeting, seven of whom were negro preachers, two school principals and the negro Home Demonstration agent. The agent has written letters to all Professional workers as well as to all community Chairman, enclosing the literature to be distributed, and also a card on which each neighborhood leader is to report to the agent the number of homes receiving the explanation of food facts, and the gals sheet. This report will be compiled and mailed to the state Director of Extension as soon as the campaign is completed. The agent will meet with three communities in holding their neighborhood leader training meetings. She met Monday night of this week to assist a new community Chairman divide an urban group into blocks for this and other campaigns which may follow.

#### 4-H Clubs.

##### 1. Project work

a. All 4-H clubs played the enlarged game of Vitamins early in the year, and also were trained by the basic seven food Chart, to select their food with care. Each club also used the pamphlet, Fighting Food for study of the minerals and vitamins that are essential to good health.

b. Clothing Care and Repair <sup>211</sup> was selected by the representatives of the 4-H Leaders and Older Girl Leaders for the club projects. Four demonstrations in this project were given by the leaders, Older Girl Leaders and the agent during the club year. These were given during the school term since many of the club members are so scattered in summer months they never attend a meeting.

One meeting was devoted to a demonstration in the care and repair of shoes. The older club leaders gave this in most cases and gave it as a demonstration in cleaning leather shoes and in applying rubber patches to overshoes after cleaning them in the proper way. Another demonstration was given in suggestions in remodeling, with pictures of colorful combinations and collars and dickies to freshen old garments.

A later demonstration in the spring was also conducted by the older Girl leaders in the care and storage of woolens. In some clubs the demonstration was given in the washing and blocking of sweaters, whenever running water was available. The agent took a small oil stove for heating the water to the correct temperature. Directions were furnished every club girl by Ivory Soap Flakes Commercial advertisement.

Another demonstration was given in the pressing of woolens and rysons. Another club meeting was given in the collection of shoes for a shoe exchange among the clubs. Twenty eight pair of shoes were contributed and were disinfected by a formulae furnished by the clothing Specialist. These shoes were taken to a teacher in each school to be used for needy children, the children under the supervision of the teacher fitted their own shoes. Eighty six members took clothing as a war service job and sixty two completed.

#### D Poultry

Twenty five girls enrolled for poultry projects, and were given aid in the form of pamphlets and a poultry record book, with a discussion by the boys club agent on their care at one club meeting. Thirteen of these completed the project.

E Gardening was a favorite project choice for war service jobs with 115 enrolled. In three club meetings the home garden was discussed and garden planting and cultivation pamphlets were furnished them with a garden record book. Seventy eight of these made a report for completion giving their record of canning alone, and assisting. They all made a canning budget in one of the spring club meetings and they were checked in the fall meeting.

#### F Sears Roebuck 4-H Club Victory Garden Project

The two Sears-Roebuck garden contests conducted in Aherst County by the home demonstration agent ended October 13 for the 4-H Club girls who volunteered to accept seed valued at \$2.80 each for 25 girls. They agreed to plant an extra garden in addition to the family garden, to plant and cultivate it, can and store the surplus, and submit a record of the garden. The agent visited each of these gardens twice during the growing season and judged them for growth and management, and for productivity. Each contestant submitted an exhibit at the end of the summer growing season, with her record book, and the 19 who completed

the project had exhibits. These were first judged in the office of the agent by three home economics trained persons, and the eight best exhibits for canned products, and the seven best for management and records were placed on exhibit in the local Sears-Roebuck store in Lynchburg. The district home demonstration agent judged the exhibits there and prizes were given for best 1,2,3 place winners in the three counties participating. The second prize of \$ 10.00 was won by Amherst county contestants. The total in prizes awarded to the Amherst County contestants was \$ 45.00 in addition to the \$ 60.00 value of the seed. This project has done more to stimulate interest of club members in club work, particularly the production and conservation of food than anything else. The agent has already made a contract with Sears-Roebuck to repeat the project in 1944.

## 2- Health

During the summer months the clubs studied first aid and demonstrations were given in treating insect bites and dog and snake bites. Another demonstration was given in treatment of poison from sunae and other poisonous plants. In the August meetings demonstrations were given in artificial respiration. Many of the club girls passed examination on first aid the previous year and served as instructor in these demonstrations.

## 3- Community activities of 4-H Clubs.

The clubs cooperated in a campaign to collect old records. These records were collected and sold to assist in the purchase of a Red Cross Ambulance. The final report of the white girls and boys was \$ 5.90 collected in nickels and \$ 15.36 from the sale of 600 old records, total of \$ 19.86.

The clubs joined in the collection of tin cans, seryp and also in the bond and stamp drives.

## 4- One girl club sews for herself and grandmother and is very clever at using old garments to make new combinations. She submitted the following report.

New garments made -----	25	
New garments remodeled -----	2	
No garments darned or mended ---	8	
No garments laundered -----	800	
No garments made for others -----	12	
Total spent for garments for self in 1945		\$ 31.66
Total value of garments for self in 1945		\$ 192.00

She won first honor in the county for clothing construction and has exhibit of three garments was sent to the state clothing contest.

#### 6 Older Youth

The two organized older youth clubs held a program council three times during the year for the purpose of planning programs to meet their needs. Each club has four representatives on this planning council, three active All-Star members, also two mothers from each club as sponsors. There are four officers in each club and a recreation and song leader.

The following schedule was followed in the club programs in 1945:

January- No meeting due to severe weather and unheated buildings.  
February- Discussion of different emblems of the service and requirements for entry.

December- Clubs played Vitemingo on the Agent's enlarged charts.

March- Selection of war service jobs and talk on food needs of the war.

April- Group consultation on war service jobs. Talk by farm agent.  
May- Nutrition talk by Home Demonstration Agent. War Service Job consultation.

June- Safety program- How to avoid accidents in the home and on the farm.

July- Nutrition talks. Program planning meeting, representatives of both clubs attending.

August- Club picnics.

September- Program on community Natural Resources and their part in the war.

October- Health opportunities of Amherst County.

November- Educational opportunities of Amherst County and suggested changes based on needs.

December- Christmas Devotional Program and Progressive games parties in cooperation with the local Home Demonstration clubs.

The agent has attended every meeting of the older youth clubs during the year.

One club held a square dance in November and the door receipts were \$ 111.00

They paid \$ 20.00 for the string orchestra and \$ 12.00 for the tax to Internal revenue department.

The Home demonstration club of the community sold sandwiches and coffee and cleared \$ 20.00 for the school lunch project.

The older youth club will contribute one half of the profit to the lunch program.

#### H Other Work Done by Home Demonstration Agent 1. County Nutrition Committee.

The Amherst County Nutrition Committee with the president physician of Sweet Briar College as Chairman, has called five meetings of her committee during the year. Early in the year the committee decided to work through existing organizations, to cooperate with schools and home demonstration clubs for better school lunch facilities. It was decided that permission be sought from the county school board to have the Nutrition committee make survey of all county school,

colored and white to determine the number already serving hot school lunches, the number with any facilities for doing this and the number serving free lunches. Statistics were compiled by every school of the number of pupils bringing no lunch, the number purchasing lunches and the number with inadequate lunches. The agent, with other members of the committee made personal visits to every school in the county to secure the following data:

Summary of school lunch program in Amherst County

	colored schools	white schools	total
Lunch program now in operation	2	4	6
Have never had a program	19	13	32
Program had to be discontinued	3	3	6
No report from the questionnaire	1	0	1
	-----	-----	-----
	25	20	45
Program given up because of			
1- cost	2	2	4
2- no space	1	0	1
3- No equipment or operator	0	0	0
Place in school for lunch other than classroom	1	5	6
No lunch program at present but equipment is available in school or nearby home	14	7	21
No of children who eat nothing at lunch	337	183	520
Total no on which reports made	1142	2586	3728
Percentage pupils without noon meal	30%	7%	14%

This report was given to the school board also to the citizens for Victory and every home demonstration club., and was published in the news papers. The committee upon these findings pledged themselves to an organized effort to cooperate with local communities in making a better school hot lunch available to every pupil white and colored. The committee visited every school and ascertained the assistance that could be expected in every school and began a campaign to raise funds to provide equipment and workers as well as necessary food to keep two demonstration lunch rooms running with the colored schools and two with the white schools. Already they have realized \$ 500.00 for this work and other donations are coming in to the treasurer who is the dietitian of Sweet Briar College. Various service organizations, such as business and professional clubs, Rotary, Citizens for Victory, Home Demonstration clubs, church organizations, Private citizens and college organizations are assisting with the project. No school is receiving assistance that has been receiving the government subsidy program operation.

The home demonstration agents white and colored have attended every meeting of the Nutrition Committee and have cooperated in the project.

The agent has cooperated in the fat salvage campaign which is still in progress. She arranged with various merchants to serve as collection centers, took the information to all home demonstration clubs, urging them not to make soap with waste fat but to contribute one tablespoon daily which they will report in the December meetings.

The agent has served on the county War Bond committee and has tried through the 13 adult clubs to encourage this investment for Victory.

The agent has been active in promoting better school lunch programs both through the clubs and in the Nutrition Committee. Two schools have begun the government subsidized program and are serving the O7 c plates daily due to the efforts of their local home demonstration clubs. Both clubs canvassed the entire community in the summer for cash donations toward getting required equipment and paying the worker and the helpers. Both lunch programs began operation October 1, with a balanced plate served every child in school who desires it. Free lunches are served to those who have been approved by the county nurse who visited these homes from which they come.

Red Cross garments, cut ready for construction have been taken out to rural clubs for finishing. Shirts numbering 27, besides kits numbering 36 have been turned in, and other simple garments are under construction now.

Another project conducted and originated by the agent was a vegetable Produce Exchange. It was discussed in each of the adult clubs with the result that a produce Chairman was appointed in each club. Each chairman had the names of every other chairman and planned to send notices to all other club chairmen whenever she learned of any surplus of food that was for sale. On the otherhand, any club chairman who learned of needs for any surplus product, sent out cards and also phone calls in an attempt to locate purchasers for the product.

Since this was the first year this program was tried, the results were not great, as an estimated \$ 320.00 worth of food was exchanged. The same program will function in 1944 and will have the advantage of already being organized and tried.

VII. The most significant contribution to meeting the war needs is the Food conservation program of the home demonstration clubs and other county women.

The following figures were submitted as county estimates based upon questionnaires sent by the agent to club members and non-club members all over the county.

No quarts canned in glass	-----	563,150
No tin containers in homes and schools	-----	1,000
No containers fruit jams, jellies, relishes etc	----	67,500
No lbs preserved by freezing in farm units	-----	1,600
No pounds dehydrated vegetables ---40 fruits --50	-----	90
No bu potatoes and root crops stored	-----	27,000
Increase percentage over 1942	-----	25 %

Exhibit Prize Winners in Sears-Roebuck Garden Contest



Margaret Ross - 1<sup>st</sup>

Mary Coleman 2<sup>nd</sup>



Eunice Campbell 3<sup>rd</sup>



Mazo Angus - 4<sup>th</sup>

Dorothy Ogden 4<sup>th</sup> Prize



Eunice Burleigh 4<sup>th</sup> Prize



Jewel Wright 4<sup>th</sup>



Jean Harvey 4<sup>th</sup> Prize

BETTY  
SNEAD



BETTY  
BOWLES



Garden Management Winners



Dibvelle Fulcher



Nina McQuerry



Betty Jane Owens  
Garden Record



Gladys Martin  
Garden Record



Charlotte Profitt  
County 1st Honor. Clothing Exhibit  
Sent to State Contest

## Summary Of 1942 Extension Work Given by Amherst County Supervisor

**Organization changes**—Until March 1942, Amherst County home demonstration club activities had been planned and supervised by the Advisory Board of 80 members, composed of all club chairmen and a certain number of representatives from each magisterial district of the county. There was also a home demonstration committee composed of the club presidents who served as the executive board. This body met March 1942 and voted as a body to disband in favor of the new system of County Board of Agriculture which embraces every section of the county with its community and neighborhood leader system.

At present, the home demonstration committee is the executive body of the home demonstration clubs in the county, and is represented on the County Board of Agriculture by the chairman of this committee. The members of the home demonstration committee are elected by the clubs and each club chairman automatically becomes a member of the committee, during her service of two years as club chairman. At the annual planning meeting for the 1943 club project program five members at large were elected to represent five natural divisions of the county, to serve for a two year period each, when other members will be elected to succeed them. The function of this committee is to carry out the county program which is decided upon in the individual clubs and is set up by this executive board in its semi-annual meetings.

**County Agricultural Board**—The County Board of Agriculture was organized in Amherst County by B. L. Hummel of Blacksburg in an all day meeting held January 21, 1942. Mr. Hummel explained the organization to the Professional men and women who work with rural people. These professional people divided the county into 15 natural communities and then suggested able committeemen and alternates. The professional advisors met with each of their respective communities and by March 1, 1942 practically every community had been listed by families and these lists filed in the office of the county agent. They have successfully carried through the "Victory Garden Campaign," (2) Savings Stamp and Bond Pledge campaign, (5) Distribution of Anti-inflation literature, (6) and are now conducting a Share the Meat educational program to precede meat rationing.

**Extra Activities**—The agent has taken a very active part in the Professional Workers' Council. She has assisted in (1) tabulating the neighborhood lists, (2) she has the responsibility for two of the largest county communities along with the WPB chairman, (3) she organized canning and drying demonstrations in 30 communities through the cooperation of the community chairmen. These demonstrations reached 274 women in the month of July, (4) the agent had the responsibility or organizing the publicity and securing cooperation of the nutrition committee and professional workers in the "Share the Meat Program." The project leaders have given demonstrations in nutrition by use of chart and pictures; cottage cheese and butter making; explaining the needs for county quotas in production of pork, poultry, dairy products, and gardens; care of woolens; care of household equipment; vegetable cookery; canning and drying of fruits and vegetables; conducting discussions on Citizenship; sulphuring apples and storage of foods, and meat cookery to stretch the meat ration.

**Youth Work**—There are 17 girls 4-H clubs in the county, each having 5 officers elected by the club members. No member is eligible for an officer until she has completed one year as a member. There are 85 such officers in the county. One girl will receive a medal from entry in the Sears, Roebuck garden contest. She was a county prize winner in garden contest in 1941 and again in 1942.

She records 432 varieties of vegetables in the family garden.

She recorded value of vegetables used in home (fresh) \$79.26; sold \$40.00; stored or remaining in garden \$32.00; receipts \$142.26, recorded expenses \$23.75; Total profit \$118.51.

Total quarts canned 802—approximate value \$112.85; Value of garden \$231.06.

There are three Older Youth clubs numbering 57 boys and 61 girls. They have held 30 meetings during the year with constructive programs as well as recreation programs.

They planned a discussion type program for the year centering around the following topics: Family Cooperation, Health Through Nutrition, Victory Gardens for Defense, and Choosing a Life mate.

**Project Work results**—Victory Garden totals from 190 club women who reported Tomatoes canned 9,319 qts.; Other vegetables canned 17,021 quarts; Fruits and juices 19,335 quarts; Dried foods 96 quarts; Meat canned 2,239 quarts; Potatoes stored 1,785 bu.; Chicks raised 14,390; Red Cross garments made 458.

**Citizenship Development**—The One Day Short course held in the home of Mrs. Roland Lea on June 12 with 150 club women in attendance was a part of the annual Citizenship Program for the county. The theme for the entire day was "The World of Tomorrow." The speakers were Mrs. J. H. Fallwell, Roanoke; Mrs. Ben Wallis, Sweet Briar; Miss Sally Guy Davis, Lynchburg; Mrs. Bernice Lill, Sweet Briar; Sir Louis Beale, England; Rev. E. K. Emurian, Madison Heights.

**Red Cross Cooperation** of club members: Working in surgical dressing room, sewing room assistance, taking First Aid classes, and donations from clubs to Red Cross emergency drive totaled \$121.23. The following clubs held teas and parties of various types: Amherst, Elon, Clifford, Belvue, Madison Heights, Monroe, Pedlar Mills, Lowesville, Sandidges and Wesleyan. Red Cross garment making has been a special project of the home demonstration clubs. The agent has taken out bundles of these cut garments and has returned them to the chairman when completed. Although the women reported 458 garments made, they had not kept a close record and this does not include any work of members in the surgical dressing classes or the many knitted garments made by club members.

**Other activities**—Each club voted to give a basket to the Public Welfare department for the Community Christmas Tree. The women donated canned products from their pantries, as well as good articles of clothing and toys for children. This project is being continued in December 1942.

As a project of the county organization to provide funds for extra activities, the board purchases annually 100 bottles of Happy Home Extracts at the cost of \$20. This is apportioned among the clubs and sold for 50¢ a bottle. This project nets the county H. D. organization \$30.

The club bazaars of homemade articles given by club members has been the means of encouraging handicraft and provided a means of individual club financing. The women exchanged patterns and ideas which resulted in a fine assortment of articles which were sold at the November club meetings in connection with the local achievement programs. In every club the gifts were purchased by club members and visitors with a total profit of \$28.

The Victory Garden exhibits of canned and raw products from the farm as well as artistic arrangements of flowers, vegetables and fruits made a grand conclusion to a year filled with new ventures in production and conservation to aid the war effort. There were 577 awards of blue, red, and white seals as honorable mentions for products exhibited by the club women.

The county has made a long stride forward during 1942 in realizing the importance of a hot lunch for school children, by exerting themselves as community groups to meet the need for better nutrition. Prior to the discontinuance of the WPA projects and surplus commodities, the clubs stood by to give as

(continued on page 3)

## Summary of 1942 Extension Work By Supervisor

(Continued from page 1)

assistance in the lunch program, but did not carry the burden of planning and financing. When schools opened in Sept. 1942, there were no paid lunch room workers in the three schools formerly having the best hot lunch program in the county. The home demonstration clubs being the only well organized group which never disbanded, came to the rescue. One club that formerly had a paid operator and assistant quickly make plans to raise money to pay one operator \$30 a month, and club women gave volunteer aid each day. A schedule of help was worked out so one woman will go one day in about two weeks. Every child in this school gets some hot food each day. Each child who is able purchases a .25 meal ticket each week. A part of this goes for food and part for the operator. Some children bring groceries as part payment, but all children are served the same balanced lunch which is both nutritious and attractive. The H. D. lunch room committee works out the menus and purchases supplementary food to go with the surplus commodities furnished. Two grade schools of the same size have worked out this same system and children fur-

nished free lunches are treated equally with those who pay.

The home demonstration clubs of three other communities contribute liberally to the free lunches furnished underprivileged children. One school has a private lunch room operated by a H. D. club member. She rents the equipment from the local club, and operates for this club a free milk and soup program for 27 undernourished children. The annual drive for funds to finance these

free lunches has just been made, and public donations amounting to \$214 were collected to assure these children the food they need.

In the agent's estimation, the progress that has been made in securing cooperation of volunteers to serve and to pay for other operators and supplies, marks great progress in the realization of nutritional needs for school children. They do not let their lunch program fail when pay for operation failed.

## Victory Bonds Find Buyers In County

A total of \$60,037 in Victory Loan securities was sold in this county to investors other than commercial banks during the first two weeks of the December Victory Loan Campaign, it was announced today by the Victory Fund Committee of the Fifth Federal Reserve District.

The first weeks of the drive for 9 billion dollars were from November 30 to December 12, inclusive. The campaign ran through December 23 and announcements of sales for other periods in the campaign will follow as soon as they are made available to the Victory Fund Committee.

The Victory Fund Drive was designed to give both large and small investors an opportunity to invest their accumulated savings and idle funds in Treasury securities. Five types of securities are being offered. They are: 7-8 per cent Certificates of Indebtedness, 1-3-4 Treasury Bonds of 1948, 2 1-2 per cent Treasury Bonds of 1963-68, U. S. Treasury Tax Savings Notes, Series A and Series C, and U. S. Treasury Savings Bonds, Series F and Series G. They range in denomination from \$25 to \$1,000,000.

The Drive is being conducted in Virginia by hundreds of bankers, brokers, and investment men, and by many volunteer workers. Through out the nation hundreds of thousands of workers are taking part in this effort, which is the greatest financing campaign ever undertaken by any nation.

Securities sold in this county during the first two weeks of the campaign included: Savings Bonds and Tax Savings Notes.

A total of \$47,518.50 in Victory Loan Securities was sold in Nelson County to investors other than commercial banks during the first two weeks of the December Victory Loan Campaign, it was announced today by the Victory Fund Committee of the Fifth Federal Reserve District.

## Thanks Offered For Milk Fund Contributions

The Amehrst Home Demonstration Club wishes to thank each person who contributed to the Milk Fund. This splendid cooperation has made it possible for the club to continue its free lunch project in the Amherst High School. Some of our contributions came from persons who wish to remain anonymous.

The total contributions were:  
Anonymous ..... \$ 79.50  
Others ..... 144.16

Total ..... \$223.66

Names of contributors are:

Theodore Garbee, Mrs. James Garner, Mr. and Mrs. Thomas Heason, Marie Harris, Juanita Steen, Campbell Brockman, Mrs. J. E. McGann, Mr. and Mrs. Ben Wallis, Mr. and Mrs. Eskridge, Mrs. W. M. Gannaway, Mrs. McClintock, Judge and Mrs. Edward Meeks, Mrs. Settie, Mr. and Mrs. Babcock, D. Jennings, Mr. and Mrs. Robert Cunningham, Mrs. W. W. Turner, Mrs. Brodie, Mrs. J. E. Watts, Mrs. J. E. Bowman, Hugo Jennings, Leslie Gregory, Mrs. V. T. Sandidge, Miss Jean Robertson, Mrs. R. N. Whitehead, W. M. McClenny, Dorothy Kent, Marie Patterson, Mrs. Fay Willett, Warren Tinsley, Helen Brown, Katherine Brown, Mildred Richeson, William E. Sandidge, Norman Patterson, W. H. Carter, W. C. Iseman, Willie Shrader, Mrs. George Smoot, Mrs. Rosalie Mahone, Mr. and Mrs. John Shrader, Lynwood Turner, Camm Drummond, Miss Essie Robertson, Dr. Dayton Watts, Clarence Camden, Henry Myers, Mrs. Shelby Turner, Dabney Meeks, Jack Logwood, H. C. Patterson, J. P. Cunningham, T. T. Hatcher, Wade Wood, Van Miller,

L. F. Drumheller, Joe Whitten, E. M. Hunt, Dayton Storey, R. H. Mantiply, Miss Genevieve Bowman, Mrs. C. E. Berger, Lonnie Rhea, Paul Grecos, Robert Bethel, Miss Vera Joyner, Robert Carter, James Wood, Evelyn Ware, Elsie Ambler Brown, Stewart Miller, Mrs. W. T. Garner, Mrs. Willie Richeson, Mrs. Elmer Smoot, The Rotary Club, Mrs. Richard Wydner, Mrs. Sally Whitehead, Miss Margaret Voorheis, Episcopal Auxillary, Mrs. Charles Smith, Mrs. Joe Massie, Mrs. George Dearborn, Mrs. R. A. Whitehead, Andrew Watts, Mr. and Mrs. Walter Harrison, F. C. Addison, Mrs. Russell Addison, Mr. and Mrs. A. G. Ware, Mrs. F. B. Webster, Miss Louise Cabell, Mrs. W. K. Knight, Mrs. W. K. Allen, J. DeWitt Evans, Mrs. M. E. Robertson, Mrs. Ernest Smoot, Mrs. W. W. Hill, Mrs. Lee Watts, Rev. A. L. Shumate, Mrs. M. E. Kegley, Mrs. Hazel Ware, Mr. and Mrs. C. A. Phillips, Mr. and Mrs. W. E. Massencup, Mrs. L. V. Parr, Dr. Lydane Miller, Mrs. Woody.

## Advanced Red Cross First Aid Course

An Advanced Red Cross First Aid Course will be taught in the Amherst Courthouse, beginning January 18 through 22. This course is designed for those who have Standard certificates and desire more practice in practical problems. The hours are from 7:30 to 9:30—subject to change by the majority attending. If your name does not appear below, and you have a Standard certificate, please pardon the error, and attend the classes. If you are interested, you are wanted and needed. Those from Clifford using their cars will be allowed to use their present gas ration and may be granted an additional amount on the next ration book.

Mrs. Dorothy Allen, Mrs. Virginia Eubank, Mrs. Frank Gardner, Mrs. Morris Hudson, Mrs. Helen Huntington, Mrs. Lillian Livesay, Mrs. Rachael Robinson, A. G. Ware, Mrs. Sallie Whitehead, A. L. Alphin, W. M. Gannaway, N. B. Patterson, O. B. Ross, W. E. Sandidge, John W. Shrader, L. D. Story, J. J. Williams, Mrs. Russel Alcock, Mrs. Alice M. Cash, C. W. Cash, Mrs. Catherine Campbell, Mrs. Murrell Campbell, Mrs. Jane Calkins, Mrs. Elizabeth S. Garland, W. S. Christian, Miss Margaret Gooch, Mrs. Sam Gooch, Mrs. Louise B. Howell, Mrs. C. P. Maasie, C. P. Maasie, Mrs. W. T. Million, Mrs. Marion Milner, Mrs. Della E. Nash, Mrs. Milton Stinnett, C. T. Thompson, Mrs. Grace H. Williams, T. S. Williams, Mrs. M. E. Robertson, Mrs. John Wellford, Mrs. Walter Knight, Miss Anna Camp, Miss Dorothy Watts, Mrs. Neil Joyner, Mrs. Pauline Smith, Mrs. R. H. Mantiply, Miss Frances Burks, Mrs. Tom Whitehead III, Mrs. F. B. Webster, Mrs. Norman Patterson, Mrs. G. W. Thompson, Miss Frances Johnson.

### NOTICE!

The Red Cross Surgical Dressing Room at Amherst will be closed until further notice due to lack of materials.

## Increased Food Production Vital To Insure Ample Essential War Needs

For nearly a generation we have been talking about over-production of food, and during the last six years we have had the largest farm output in our history. It is not surprising, therefore, that the public should have adopted an attitude of complacency regarding the food situation. This attitude of taking for granted an abundant supply of food is dangerous. As a matter of fact, we are confronted with a serious food shortage. There is a critical need for all we can produce as long as the war lasts, and probably for a year or two afterwards. The following are some of the causes of the present critical situation:

1. Our population is nearly one-third larger than at the beginning of World War I. In spite of the fact that we have obtained our largest agricultural production during recent years, production per capita was 5 per cent less from 1937 to 1942 than from 1910 to 1914.

2. A high percentage of our population is engaged in military operations and industrial production.

3. War with Japan has cut off about 1-7 of our sugar supply, and a much larger proportion of vegetable fats and oils. This necessitates a larger acreage of hugar beets and a very large increase in the acreage of oil-bearing crops, such as peanuts and soybeans.

4. This war is being fought on many fronts. Our supply lines are long, and more mechanical equipment must be transported than in World

War I. Shipping space is at a greater premium. The necessity of using the shortest possible supply lines places a heavy burden upon American agriculture.

5. The fact that Britain is cut off from the European continent places an additional burden upon American agriculture as a source of supply of food.

6. Livestock numbers have been drastically reduced over most of Europe. This will increase the relief problem after the war.

7. We are committed to the feeding of civilian populations in countries which we invade. An ample supply of food must be available for this purpose.

8. It is probable that food shortages may develop in Russia and China. If we wish to continue to hold these countries as effective fighting allies, we must be prepared to help make up their food shortages.

### VIRGINIA'S 1943 GOALS

Increases over 1942 production have been requested of Virginia farmers for all livestock products, and for all major crops except wheat, cotton and certain types of tobacco. We have been asked to increase our 1943 production of milk 4 per cent, chicken meat 12 per cent, turkeys 15 per cent, eggs 9 per cent, beef and veal 7 per cent, mutton and lamb 7 per cent, pork 5 per cent. We are expected to increase our acreage of soybeans 22 per cent, peanuts 38 per cent, Irish potatoes 14 per cent, and to have a good vegetable garden on every farm. Some of these goals may be slightly changed before they are broken down by counties and individual farms.

It is recognized that because of labor and material shortages some farmers may not be able to increase his per unit production through careful planning, use of improved practices and cooperation with his neighbors in the use of labor and equipment.

### DAIRY PRODUCTS

It has been requested that in 1943 the milk production goal for Virginia be increased by about 4 per cent over the probable production of 1942. To attain this goal it is proposed that the number of milk cows on farms be increased from 435,000 to 452,000, and that the yearly rate of milk production per cow be maintained at about 3,938 pounds. If skilled laborers are maintained on dairy farms in sufficient numbers, it may be possible to meet this goal. The possibilities of increasing production are much greater in the central and western parts of the state than near Washington, Norfolk, or Richmond.

Milk for manufacturing purposes is in great demand. In view of the more liberal sanitary requirements in the production of milk, and of the fact that milk can be produced to advantage on small farms and in areas remote from large cities, it is recommended that major emphasis be placed on the production of this type of milk. The following suggestions should be of value in helping Virginia farmers meet the 1943 milk production goals:

1. Because of a shortage of labor, greater efficiency is imperative. Labor shortages may be alleviated by better planning on the part of individual dairymen, and by cooperation between neighbors, particularly in hauling milk, filling silos, and doing other farm jobs which require heavy work.

2. Increased milk production must come largely from existing herds, present feed supplies, and existing labor and facilities. Good beef prices make this an excellent time to cull out low-producing cows. Feed and labor saved in this way may be applied to higher-producing cows which in many instances, can be milked to advantage three times daily. A cow having real milking ability may produce as much as 25 per cent more if milked three times a day.

3. Dairymen who have home-grown corn, wheat, barley, or oats may often purchase high-protein ingredients, such as soybean oil meal, peanut oil meal, or cotton seed meal to mix with the home-grown feed and to supplement the roughage available. Under no circumstances should grain concentrates be fed at random. Best results are obtained when each cow is fed in proportion to her ability to produce.

4. Good pastures furnish the cheapest feed. Liberal fertilization of pastures this winter and spring may save expensive hay next fall.

5. Dairy farmers lacking summer pasture, and who are short of labor, may well consider the feasibility of planting a succession of crops which

(Continued on page 2)

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### H. D. NOTES

#### FARM FAMILY LIVING OUTLOOK FOR 1943 Jan 21-

The 1942 record food production is sufficient to take care of the large military and lend-lease requirements, and provide civilian consumers as a whole with a supply which is larger than average on a per capita basis. But there will be a still greater demand for farm products in 1943 than in 1942. This assumption is based on these expectations:

1. A higher average income.
  2. Fewer things on the market for which to spend money.
  3. A large increase in military and lease lend requirements.
- for all agricultural products, but particularly for food. It has been estimated that military and lease-lend will buy 50 per cent more food in 1943 than in 1942. The amount of food available to the average civilian consumer will be somewhat smaller than in the preceding two years, but even then it will be larger than the 1935-1939 average.

The foods which will be limited for civilian use are meat, milk, dairy products, eggs, chicken, fish, sugar and coffee. Military and lease-lend will take about 20 per cent of the total meat production. Because of this, civilian adults are asked now to limit their consumption of red meats to 2 1/2 pounds per week, and this allowance may be even smaller a little later when rationing comes in 1943. It is important to remember that whenever one major food is rationed the demand for possible substitutes is increased.

#### MILK PRODUCTS

Large quantities of dried milk and cheese are being sent to our fighting forces and allies. Forty per cent of the present butter supply has been taken for this use and at the same time, civilian demand has increased 13 per cent in the last year. While milk production is larger this year than last, it is falling short of demands. Milk by-products, such as ice cream and whipping cream, may be cut next year since they are less important than the whole milk.

#### POULTRY AND EGGS

Huge quantities of eggs and dried

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or frozen for foreign shipment; poultry demands for civilians will be increased because of rationing of red meats. Even though the production of poultry and poultry products was increased in 1942, there is still not sufficient, and farm families are urged to increase poultry production in 1943.

#### FRUITS and VEGETABLES

There will be a smaller supply of fruits and vegetables on the market next year. In the summer of 1943 the government may limit the sale of canned goods as long as the fresh supply is available. Since dried peas and beans will have to replace some of the meat, farm families are urged to increase the production of edible varieties of peas and beans, especially soy beans, and peanuts for home use.

#### CEREALS

There will be plenty of wheat and corn available for home use in 1943. If these are used as whole grains, they will do much to replace in the diet those foods which are short.

#### HOUSEHOLD EQUIPMENT AND FURNISHINGS

Steam pressure cookers will not be manufactured in 1943. Stainless steel used in household equipment is prohibited. Galvanized ware, for such items as the kitchen garbage can and the farmyard water pail, will be drastically limited in 1943. Many small pieces of kitchen equipment such as flour sifters and cover egg beaters will not be manufactured. Because of the priority material, as well as the labor involved, certain other things are decidedly limited such as washing machines and refrigerators. Therefore, it is also important that they learn how to repair this equipment in order to make it last as long as possible. Steel is no longer available for use in making springs for upholstered furniture and for mattresses.

(Continued in next edition.)

## Monthly Meetings Of Citizens For Victory Resumed February 18

On Thursday evening, February 18, the Amherst chapter of Citizens for Victory resumed its regular monthly meetings at Amherst Court House. The chairman, Judge Edward Meeks, announced that the rationing board had ruled that, under the new gas regulations, it was entirely proper and permissible to use cars to attend meetings of Citizens for Victory. Hereafter, the regular date of meeting will be the second Thursday (after the first Monday) of each month at 8 o'clock in the evening, usually at the courthouse.

The size and enthusiasm of the meeting last Thursday prove the sustained and growing interest of the citizens of the county in this patriotic organization, and it is expected that in ever increasing numbers men, women and children of the county will avail themselves of the opportunity which these meetings afford to profit from the informing, enlightening discussions of important questions.

The special program of last Thursday's meeting was "The Beveridge Report." This is a report on social insurance and allied services which has recently been submitted to the British Parliament by Sir William Beveridge, a distinguished economist. In announcing the publication of the American edition of this report, the MacMillan Company says: "The importance of this report as the basis for the consideration of post-war problems can hardly be overemphasized. Here, after eighteen months of intensive study... is presented the first well-conceived, completely thought out preview of the social — and other — problems which must be solved throughout the world in shaping things to come." The fundamental aim of this plan is to assure freedom from want in England. An important question for every citizen to consider is whether some such plan is needed in the United States. The Beveridge Report is now being considered by the British House of Commons and House of Lords, and it was therefore an especially timely topic for discussion by Citizens for Victory.

Dr. George F. Rohrbach, native of Austria, and a new member of the Sweet Briar faculty in the field of the social sciences, opened the discussion by outlining the main features of Sir William's report. He did this so clearly and so effectively that members of the audience felt they had learned much about a very difficult and a very important question.

Two other important questions that will be presented for discussion at an early meeting will be whether the United States Congress should renew the Reciprocal Trade Agreements and the Lend-Lease agreements. Mr. Kinkle Allen was requested by Judge Meeks to study these two questions and report his findings to the Amherst chapter at an early date.

At the close of the meeting, Dr. R. B. Ware presented more than thirty certificates to the men and women of the county who have recently completed the Red Cross First Aid Course under the able direction of Miss Janet Ambler. Dr. Ware paid a glowing tribute to Miss Ambler's patriotic devotion and skill in conducting this course, and to the busy men and women who in spite of wintry weather and the difficulties in transportation had successfully completed this course. In peace as in war, they will be able to render invaluable assistance to their communities, and Amherst County is to be congratulated on having so many of its citizens trained in First Aid. A list of those receiving First Aid Certificates follows:

Mrs. Russell Alcock, New Glasgow

Route 1; Mr. and Mrs. C. W. Cash, New Glasgow, Route 1; Mrs. Catherine Campbell, Mrs. Murrell Campbell, New Glasgow; Mrs. Jane Calkins, Miss Margaret Gooch, Mrs. Louise B. Howell, Mr. and Mrs. C. P. Massie, Clifford; W. S. Christian, Mrs. C. T. Thompson, Mrs. Marion Millner, Mrs. Milton Stinnett, Mr. and Mrs. T. S. Williams, New Glasgow; Mrs. Della E. Nash, Miss Virginia Nash, Clifford. Mr. J. P. Alphin, Mr. W. M. Gannaway, Mr. N. B. Patterson, Mr. O. B. Ross, Mr. W. E. Sandidge, Mr. John W. Shrader, Mr. L. D. Storey, Mr. and Mrs. J. J. Williams, Mrs. Virginia Eubank, Mrs. Helen Harris Huntington, Mrs. Sallie C. Whitehead, Mr. A. G. Ware, Mrs. G. W. Thompson, Mrs. Rachel M. Robinson, Mrs. Lillian R. Livesay, Miss Drusilla Settle, Mr. and Mrs. Thomas Whitehead, III, Mrs. M. E. Robertson, all of Amherst.

Judge Meeks further announced that the following citizens had also completed the Red Cross Advanced Course in First Aid:

Mr. and Mrs. Jack Williams, Mr. W. E. Sandidge, Mrs. Virginia Eubank, Mrs. Helen Huntington, Mrs. Sallie Whitehead, Messrs: J. P. Alphin, A. G. Ware, W. S. Christian, John W. Shrader, L. D. Storey, Mrs. W. T. Million, Mrs. G. W. Thompson, Mrs. Rachael Robinson, Mrs. Lillian Livesay, Miss Drusilla Settle, Mrs. Russell Alcock, Mrs. Milton Stinnette, Mr. and Mrs. T. S. Williams, Mrs. Louise Howell, Mrs. M. E. Robertson, Mr. and Mrs. Tom Whitehead, Mr. and Mrs. C. P. Massie, Mr. C. T. Thompson, Mr. and Mrs. C. W. Cash, Mrs. Della Nash, Mrs. Jane Calkins, Mrs. Elizabeth Gariand.

Announcement was made that the Emergency Committee of Psychology of the National Research Council is conducting a nationwide survey of social attitudes of importance in post-war planning. Dr. Helen K. Mull of the Sweet Briar faculty is in charge of collecting the necessary information in this section of Virginia. It seemed entirely fitting that the Amherst chapter should cooperate in this enterprise, and at the close of the meeting more than a score of the members volunteered to fill out a questionnaire which Dr. Mull distributed to those interested.

The meeting closed with the singing of "America" by the audience.

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AMHI

## 4-H Club Council Meeting

The county 4-H club council had a very successful meeting in the office of the district agent, Miss Sally Guy Davis, Lynchburg, Saturday, Feb. 20.

The president, Page Stinnett of the Amherst club, presided. Morysene Bibb, secretary-treasurer of Monroe town club, reported 38 members present with 18 boys and girls clubs represented. In the business session, new officers for 1943 were elected as follows:

The members revised the 1942 club standards and made the projects cover a greater number of subjects from which each club member may choose a "War Service Job."

The afternoon session was under the direction of Miss Iva Byrd Johnson, state clothing specialist, who gave club clothing leaders instructions for conducting a "clothing care and repair project in the girls clubs." The meeting was adjourned at 3 p.m.

The 4-H clubs of Amherst county are conducting a campaign to raise funds to purchase an "ambulance" in honor of the 4-H club members already in the service. They are asking for all worn or broken photograph records which they are collecting at each of the schools having a club. One collection has been made which netted 250 records. Many more can be used for this worthy cause, if each homemaker will assist and notify club members to collect them. The old records are sold for 6c a pound and the money is applied on the ambulance which the 4-H clubs of the county are presenting to the Red Cross in honor of the former 4-H club members who are now in the service and the records are remade into new ones for the pleasure of the boys in service. Help your school and club to be the leader in this drive. Home demonstration club members are asked to cooperate in this and have the records at the schools ready for collection Friday, February 26. Each club president has been asked to place a box inside the school door for these. Each club member is asked to donate 5c if they cannot find old records.

## Summary Of 1942 Extension Work Given by Amherst County Supervisor

Organization changes—Until March 1942, Amherst County home demonstration club activities had been planned and supervised by the Advisory Board of 60 members, composed of all club chairmen and a certain number of representatives from each magisterial district of the county. There was also a home demonstration committee composed of the club presidents who served as the executive board. This body met March 1942 and voted as a body to disband in favor of the new system of County Board of Agriculture which embraces every section of the county with its community and neighborhood leader system.

At present, the home demonstration committee is the executive body of the home demonstration clubs in the county, and is represented on the County Board of Agriculture by the chairman of this committee. The members of the home demonstration committee are elected by the clubs and each club chairman automatically becomes a member of the committee, during her service of two years as club chairman. At the annual planning meeting for the 1943 club project program five members at large were elected to represent five natural divisions of the county, to serve for a two year period each, when other members will be elected to succeed them. The function of this committee is to carry out the county program which is decided upon in the individual clubs and is set up by this executive board in its semi-annual meetings.

County Agricultural Board — The County Board of Agriculture was organized in Amherst County by R. L. Hummel of Blacksburg in an all day meeting held January 21, 1942. Mr. Hummel explained the organization to the Professional men and women who work with rural people. These professional people divided the county into 15 natural communities and then suggested able committee-men and alternates. The professional advisers met with each of their respective communities and by March 1, 1942 practically every community had been linked by families and these lists filed in the office of the county agent. They have successfully carried through the "Victory Garden Campaign," (2) Savings Stamp and Bond Drive campaign, (3) District Division of Anti-inflation Literature, (4) and are now conducting a Share the Meat educational program to promote meat rationing.

Extra Activities—The agent has taken a very active part in the Professional Workers' Council. She has assisted in (1) tabulating the neighborhood lists, (2) she has the responsibility for two of the largest county committees along with the WPA chairman, (3) she organized canning and drying demonstrations in 30 communities through the operation of the community chairman. These demonstrations reached 274 women in the month of July, (4) the agent had the responsibility or organizing the publicity and securing cooperation of the nutrition committee and professional workers in the "Share the Meat Program." The project leaders have given demonstrations in nutrition by use of charts and pictures; cottage cheese and butter making; explaining the needs for county quotas in production of pork, poultry, dairy products, and gardens; care of woolens; care of household equipment; vegetable cookery; canning and drying of fruits and vegetables; conducting discussions on Citizenship; mending apples and storage of foods, and meat cookery to stretch the meat ration.

Youth Work—There are 17 girls' clubs in the county, each having 5 officers elected by the club members. No member is eligible for an officer until she has completed one year as a member. There are 80 such officers in the county. One girl will receive a medal from entry in the Share, Stockbook garden contest, the Share, Stockbook garden contest, she was a county prize winner in garden contest in 1941 and again in 1942.

She records 432 varieties of vegetables in the family garden. She recorded value of vegetables used in home (fresh) \$70.26, sold \$40.00; stored or remaining in garden \$32.00; receipts \$143.26, recorded expenses \$24.70; Total profit \$118.51. Total quarts canned 802—approximate value \$112.80; Value of garden \$231.04. There are three Older Youth clubs numbering 57 boys and 81 girls. WPA projects and surplus commodities with constructive programs as well as recreation programs.

## Conservation Commission To Charlottesville

Richmond, Dec. 10.—(By WPA)—Charlottesville has been recommended as headquarters for the State Conservation Commission, by government efficiency experts of Chicago who advocate the removal of this bureau from Richmond in order that the commission's divisions might be headquartered together.

The report stated that Charlottesville was a more central location than Richmond to the geographical area served by several of the divisions of the commission already located at Charlottesville.

They planned a discussion type program for the year centering around the following topics: Family Cooperation, Health Through Nutrition, Victory Gardens for Defense, and Choosing a Life mate.

Project Work results — Victory Garden totals from 190 club women who reported: Tomatoes canned 9,519 qts.; Other vegetables canned 17,021 quarts; Fruits and juices 19,385 quarts; Dried foods 96 quarts; Meat canned 2,220 quarts; Potatoes stored 1,795 bu.; Chickens raised 14,490; Red Cross garments made 458. Citizenship Development — The One Day Short course held in the home of Mrs. Roland Lee on June 12 with 150 club women in attendance was a part of the annual Citizenship Program for the county. The theme for the entire day was "The World of Tomorrow." The speakers were Mrs. J. R. Pailwell, Roanoke; Mrs. Dan Wallis, Sweet Briar; Miss Bally Guy Davis, Lynchburg; Mrs. Bernice Lill, Sweet Briar; Sir Louis Beale, England; Rev. E. K. Emurian, Madison Heights.

Red Cross Cooperation of club members: Working in surgical dressing room, sewing room assistance, making First Aid classes, and donations from clubs to Red Cross emergency drive totaled \$121.32. The following clubs held tea and parties of various types: Amherst, Elon, Clifford, Bayne, Madison Heights, Monroe, Pedlar Mill, Lowevilla, Sandidge and Wesleyan. Red Cross garment making has been a special project of the home demonstration clubs. The agent has taken out bundles of these cut garments and has returned them to the chairman when completed. Although the women reported 636 garments made, they had not kept a close record and this does not include any work of members in the surgical dressing classes or the many knitted garments made by club members.

Other activities—Each club voted to give a basket to the Public Welfare department for the Community Christmas Tree. The women donated canned products for their partner, as well as good articles of clothing and toys for children. This project is being continued in December 1942.

As a project of the county organization to provide funds for extra activities, the board purchases annually 100 Latties of Happy Home extracts at the cost of \$20. This is apportioned among the clubs and sold for 50 a bottle. This project aids the county H. D. organization.

The club bazaars of homemade articles given by club members has been the means of encouraging handicraft and provided a means of individual club financing. The women exchanged patterns and ideas which resulted in a fine assortment of articles which were sold at the November club meetings in connection with the great achievement program. In every club the gifts were purchased by club members and visitors with a total profit of \$36.

The Victory Garden exhibits of canned and raw products from the farm as well as artistic arrangements of flowers, vegetables, and fruits made a grand conclusion to a year filled with new ventures in production and conservation to aid the war effort. There were 977 awards of blue, red, and white seals as honorable mentions for products exhibited by the club women.

The county has made a long stride forward during 1942 in realizing the importance of a hot lunch for school children, by exerting themselves as community groups to meet the need for better nutrition. Prior to the discontinuance of the WPA projects and surplus commodities, the clubs stood by to give assistance. (continued on page 1)

## Home Dem. News

Mr. A. L. Dean, poultry specialist, and Mr. A. G. Smith, garden specialist, will meet and instruct the Home Demonstration Leaders of this county on March 8 at the Home Economics cottage, Madison Heights school, Madison Heights, Va. Beginning at 10:30 A. M. Monday and will continue until 3:00 P. M. with a lunch period. This meeting takes the place of the one planned for January 29 which was postponed due to the bad sheet and snow at that time. Provision has been made for the transportation of the leaders, and we hope each one may attend this spring production program, Monday, March 8, 10:30 to 3:00 P. M.

Whoever plants a seed beneath the and  
And waits to see it push away the  
cloud,  
He trusts in God....

The fruit derived from labor is the  
sweetest of pleasures....

Whoever cultivates a garden cultivated not only vegetables but contentment and pride and faith and hope and patience and diligence and reliance in God. A true saying that, and worthy of all acceptance.

People whose principal work is indoors generally get the greatest pleasure out of gardening and consequently some of the finest gardeners are office workers and business men who find in their gardening their recreation; but there are many kinds of pleasure for all kinds of gardeners. Let's count those pleasures over one by one.

1. The delight in seeing things grow. 2. Gratifying the creative impulse. Surely gardeners are in a real sense "partners with God" in creating new life. 3. The joy of anticipation and the delight in successful results. 4. The development of appreciation for the wonderful and the beautiful in plant life. 5. The pleasure of using your own products and of sharing them with neighbors.

Even the poorest garden spot contains "buried treasure" for the zeal gardener—not only the treasure of health, but actual money value. On the farm the garden is early the most profitable acre under cultivation; and for town and village people who have lots available, it is a real financial saving. About one-third of the family board bill can be wrought from a well managed garden.

Some success essentials stand out: 1. Frangible soils full of water-holding humus and fertility. Vegetables must grow rapidly and must, therefore, have plenty to eat and drink—ample plant food and an abundance of water.

2. If you don't cover the land, the weeds will.  
3. The best quality seeds and plants of the varieties known to be most suitable to the section.  
4. Hotbeds and cold-frames to provide early plants and to extend the season for some vegetables.

5. Gardening implements to provide efficient cultivation without too much drudgery.  
6. Rapid cultivation to keep down weeds and conserve moisture.  
7. Eternal vigilance against injur-