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# Virginia



AGRICULTURAL EXTENSION SERVICE

*Annual Report*

Home Demonstration Work

# 1951

NEEDHAM ANDERSON

Agent

APPOMATTOX

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COUNTY

RES. P. ...

Asst.

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### III. COUNTY SITUATION AS IT AFFECTED 1951 PROGRAM

Appomattox County is, strictly speaking, a rural county. However, there are two garment factories that employ about 290 women and have drawn some of the best leaders from home demonstration clubs.

The type of agriculture is general, with grain crops on the increase, probably due to increased dairying as an important means of cash income from the farm. Tobacco is still a very important cash crop for a large percent of the farmers in the county.

The interest in farming and a good "live-at-home" program - producing and conserving a large amount of the family food supply - and desire for new or different methods of preparation - is the factor that no doubt influenced the members in their selection of demonstrations for the 1951 home demonstration club program, since more than fifty percent of the demonstrations have been with foods. Interest is keen and there is always a good attendance of members when there is to be a demonstration on some phase of foods.

The desire to create more livable and attractive homes influenced the members to choose demonstrations on Window Treatment and Lamp Shades.

With "hired help" or help from outside the home becoming more and more difficult to find probably influenced the members to select demonstrations on Improved Methods of Doing the Family Washing and Ironing. Demonstrations on handiwork were chosen because the members enjoy making and creating things.

The desire to have more attractive surroundings on their farms and communities led to the choice of Home and Community Beautification as the State Federation Goal to receive special emphasis in 1951.

IV. CONTRIBUTIONS OF THE 1951 PROGRAM TO BETTER FAMILY LIVING

It is hoped that the 1951 program contributed four things to better

- Family living. Namely, better health; more activities of family members at home as a family group; gave home maker more time with family members;
- and fewer expenditures outside the home.

Better health has been the goal for the foods demonstrations. According to reports, 45 more members report using information on meal planning than in 1950. More members report making most of bread used in the home.

As an important health measure, more women had physical check-up or follow-up examinations than in previous years; however, fewer women had the initial check-up than in previous years.

A very important factor of the 1951 program, which was not planned for, but introduced in March 1951, was a study of Nutrition and the Home Food Supply of Rural Families in Appomattox County. Approximately 250 homes were surveyed in July, of which two-thirds were white and one-third colored. The results will be made available as soon as they are tabulated. This should prove very helpful in building future health programs for the county.

The County Dental Clinic planned for December 1950 with all organizations cooperating was not held and plans are now to hold the Clinic this December.

Because of the Federation Goal, Home and Community Beautification, the home grounds, entrances, driveways and walks were improved in a few homes in each community. One goal was to improve mailboxes throughout the county. However, the result was rather disappointing as only 116 members report making improvements in the county. The clubs will continue this goal in 1952.

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The work of the leaders compares favorably with previous years and has been very good.

There are eight 4-H Clubs in the County with 234 girls enrolled. The members have been active in all county, district and state events. The winner of the State Clothing Achievement Contest will go to Chicago to the National 4-H Club Congress November 23 - 30. The 4-H Clubs observed all national events as 4-H Mobilization Week, Rural Life Sunday, 4-H Camps and Achievement Day.

Details of the year's program and various activities for Home Demonstration and 4-H Clubs will be discussed on the following pages of this report.

The work of Mrs. Frieda A. Walker, Assistant Home Demonstration Agent in training, is also included in report.

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V. ADULT

A. Project Work

1. Foods and Nutrition

a. Food Production

(1). Home Gardens

The objective in continuing work on home gardens has been to interest all homemakers in the county in planning an all year garden; the care and management necessary for a good garden; to know how to control garden insects and plant diseases; to reduce amount of food purchased; and to insure better family health by producing a variety of nutritious vegetables and small fruits for the years food supply. However, weather conditions; a late spring, and tomato blight prevented as successful gardens as in some years.

Fifteen of the seventeen home demonstration clubs elected a garden leader. The first of the year, material that had been prepared by the Extension Garden Specialists was made available to these leaders, through the home agent, on timely and helpful information, to be presented at their monthly club meetings. Each month, this material has been supplemented by the leaders from current magazines and daily papers. The discussions at each meeting of about 15 minutes have, no doubt, influenced many members to use improved practices in their gardens and a greater variety of vegetables grown. Approximately 250 families report improving the family food supply in the production of vegetables and small fruits, but fewer than in 1950. Due to a dry hot summer and fall, fewer people report good fall gardens than in previous years.

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(2). Poultry

With the high cost feeds, it is necessary to study the scientific developments in poultry production and to make application of same; to learn the nutritive value of eggs and their importance in the diet; and to learn how to grade and market eggs to conserve quality found in fresh eggs.

Fifteen of the seventeen home demonstration groups elected a poultry leader. The first of the year, material prepared by the Extension Poultry Specialists was made available to the leaders, through the home demonstration agent, to be presented at each meeting throughout the year on timely subjects which has increased the knowledge of each member on how to raise poultry, feed properly, cull, sanitation problems and parasite control.

Approximately 145 families report improving the family food supply by using information on this subject.

(3). Milk and Milk Products

A sanitation program on properly handling milk and milk products. This year, not a single member reported making cheese. The reason for this is a good market for milk in the county. Eighty families report improved practices in caring for milk in the home which includes cooling and two families report pasteurizing their milk for family consumption. Thirty members report adopting better butter-making practices.

(4). Other Meat Products

Timely information through the clubs, radio and newspapers on curing and caring for the family meat supply has been given. Thirty members report improved practices adopted in this phase of the program.

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b. Food Preparation

Six demonstrations were selected on food preparation: Gifts from the Kitchen; Community Meals; Yeast Bread - Brown 'n Serve Rolls and Variations; Meringues and Meringue Shells; Eggs and Cheese Dishes; and Luncheon Dishes.

The members were guided in the selection of these demonstration as a means of helping them to save time, energy and food costs, and to help them in preparing and serving wholesome, nutritious and appetizing goods to their families to insure better health.

Each of the seventeen clubs elected two foods leaders. These leaders were trained at three leader training meetings conducted by Extension Foods and Nutrition Specialists; the home agent held four training meetings for small groups who were unable to attend the meetings conducted by the specialists, also one on Gifts from the Kitchen. Mimeographed recipes were made available to the club leaders on each demonstration for distribution to the members. Radio talks given by agent and news articles have also helped to promote interest in this project. More non-members have requested recipes of the various demonstrations than ever before on any subject.

These leaders have given a total of ninety-two foods demonstrations and have assisted the agent with twenty-six. The December demonstration in each Club was "Gifts from the Kitchen". Sixty-four Club members reported using foods from the recipes demonstrated as Christmas gifts to friends. For other gift suggestions of foods, the leaders showed gala wrapped packages of canned foods, jellies and jams.

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The February demonstration given at each club was on Community Meals. Since the leaders in home demonstration clubs are most usually the leaders in church and other community organizations and are very often called on to serve large groups, help was requested on serving meals to groups of fifty or more. They learned how to organize, plan, prepare and serve attractive, well-balanced meals to large groups. Leaders from eight groups report serving meals to organizations of fifty or more.

Yeast Bread - Brown and Serve Rolls - Variations was the demonstration given at the April meeting of each group. According to leaders reports, 116 members report making more yeast breads served their families in the past six months. "If a woman bakes good bread, she is a good cook, no matter if other things aren't well cooked", remarked the husband of one of the leaders in summing up this demonstration.

In May the demonstration was on making meringues and meringue shells. This was a demonstration given by leaders in all clubs, and one they very much enjoyed doing. During the year, more women have said how delighted their families have been with the desserts served as a result of this demonstration. According to leaders' reports, approximately 275 women have successfully used this information and methods.

The June and July demonstrations were "Eggs and Cheese Dishes" and "Luncheon Dishes". In addition to materials and training supplied by Extension Food Specialists and home agent, the leaders used "Family Fare", food management and recipes, U.S.D.A. bulletin No. 1 and found much help on nutrition, planning, buying, preparing and serving foods, not only related to these demonstrations, but many more.

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Club members have remarked often this year on how helpful as well as enjoyable all the food demonstrations have been. Many more requests for recipes of dishes demonstrated, printed materials and bulletins used have come from non-members than in any previous year.

c. Food Conservation

Preparatory to the canning season, the home agent tested the pressure gauges on approximately forty cookers belonging to home demonstration club members. With two community canneries in the county, and since canning in glass has been permitted the last two years, more women in the county are doing their canning at one of these canneries — since it means a great saving in time, fuel and many more quarts of food conserved in a shorter time.

A check on leaders reports shows that the amount of canning done by club members is much more than done in the last two previous years.

There was an improvement in the fruit crops and there was little or no report of tomato blight as in previous year. Reports show that approximately 10,694 quarts of tomatoes canned; 25,422 quarts of vegetables canned; 28,236 quarts of fruits canned; 9,976 quarts of meats and soup stock canned; and 8,632 quarts of other foods, such as, pickles, relishes, jellies, jams, preserves, etc.

Frozen foods are replacing much of the canning according to reports. 38 families report owning home freezers and approximately 116 families make use of the county frozen food locker. Reports show that approximately 26,789 pounds of meat, 1,633 pounds of vegetables, 2,060 pounds of fruits and 960 pounds of other foods — which included cakes, pies, roasts, foods for table use — frozen and stored in home freezer and local locker plant.

d. A Study of Nutrition and the Home Food Supply of Rural Families,  
Appomattox County

The objective of the study - to ascertain the level of nutrition information among homemakers, food selection, what foods they eat, and how much of their food they produce at home; to ascertain the extent to which homemakers understand the concept of an adequate and balanced diet and to compare this data with that obtained in the metropolitan area of Richmond, Virginia in 1947. This is the first such survey to be made of a rural county in the United States.

The survey was made in July. About ten interviewers went to over 250 homes, which were selected by an approved sampling method and included homes of club and non-club members, white and colored homes, and homes of high and low income. Interviewers included six home demonstration agents, two state specialists, two district agents and three other state and federal workers. The results have not been reported to date. It is felt that the information gained will be very helpful in developing more effective nutrition educational programs in the county and throughout the state.

2. House Furnishings

Two demonstrations on House Furnishings were included in this year's program, namely, Lamps and Lamp shades and Window Treatment. The home agent attended a leader training meeting on these subjects conducted by the State Extension Specialist in Nelson County, then trained the leaders for these demonstrations.

Approximately 120 homemakers report making improvements in lighting of home by using larger light bulbs; raising or lowering heights of lamps

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and selection or making of better shades. The members report making 126 lamp shades. Various materials were used by the different members in making shades, from plastics to burlap. Mrs. Shouse, leader of Appomattox Club, made nine new lamp shades and refinished all others used in her home. The materials she used varied with the lamp and use. For the children's play room she used polyplastax and did decorative designs of washable India ink in colors - very attractive. For her living room, she recovered over old shade, using a washed and stretched potato sack (burlap) to go with a copper base lamp. Ribs of shade were covered with tape painted with metallic paint to match copper base. The shade goes well with the lamp and the light is better for conversation than reading. Other materials used by Mrs. Shouse in making shades include: heavy water color paper treated with turpentine and linseed oil to give parchment effect; English chints; Mexican jute; and cleaned and used cut out wall paper decorations over stains and smudges of good shades, giving fresh effect. Most of the other leaders and members made shades of plastics, lacing with contrasting colors of plastic or wool, and some used wall paper for shades, especially for bedrooms.

The March demonstration was on Window Treatment. Making curtains and drapes versus buying was discussed. Slides were shown giving correct lengths for different types of windows and changing apparent size of windows; suitability and cost of different kinds of materials and methods of finishing and hanging finished curtain discussed. The members report shows 120 curtains and 40 draperies made.

In working up 1951 program, it was decided, because of interest shown to continue rug making as a long time goal. The members report making 56

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rugs: braided, 6; crocheted, 28; hooked, 22.

There has been a very good carry-over from previous years work in house furnishings, as to improving home decoration by painting and papering and selection of house furnishings and furniture slip covered. 68 pieces of furniture reported slip covered and total number of rooms improved 140.

### 3. Home Management

Two demonstrations were selected as follows: Saving time and Energy in Doing Family Wash; and Saving Time and Energy in Doing Family Ironing. The selection of these demonstrations came as a result of a lively discussion held during the lunch hour of the program planning committee, working up 1951 club program. The objective was to help members do these tasks more efficiently, thus saving time and energy and expense. It was agreed that washing was the most tiring of all household tasks.

The leaders were trained for these demonstrations by the Extension Home Management Specialist, and each leader was asked to make at least two improvements in her method and to ask members to do likewise. As a result of the demonstrations on family wash, one club leader has had running water put in her home; others report getting clothes basket off floor to save strain in lifting and using a hose to get water from faucet to tub and out of tub. Twenty leaders report adopting the new, easy method of ironing a man's shirt, and others report making improvements in management and routine of doing laundry. Since these demonstrations were given during September and October, it is too soon to get report of results among members, however, many favorable comments have been made on improvements they expect to make.

• (b). Home Accounts

Seven families are keeping home accounts. Results from these will not be available until end of December.

4. Clothing

Since requests were made by several groups for help on making rain wear, the program planning committee set this up as a special interest demonstration. After studying and comparing cost of materials versus ready-to-wear raincoats, only ten members made rain wear for themselves or a member of the family. The members making rain wear were assisted by home agent at four meetings.

Clothing was not carried as a project in 1951, however, as a carry-over of clothing work in previous years, club members report making 932 garments; and tailoring 118 woolen and rayon garments. Home sewing is one means of stretching the family clothing dollar is the opinion of many women who do their family sewing.

5. Handicrafts

Glass Etching has been the demonstration in each of seventeen home demonstration clubs for November. The leaders were trained by the Extension Rural Arts Specialist. All of the twenty-five leaders present went away with "My, isn't this easy?" feeling. Leaders report good participation of members in each club and very attractive designs etched on glasses, pocket mirrors, ash trays, vases, salad plates and vinegar cruetts. To date, approximately 350 articles have been etched by leaders and members.

6. Housing

There were no planned meetings on housing this year except to continue 3 result demonstrations started two years or more ago. Plans for re-

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decorating and remodeling an old farm house by Mr. and Mrs. F. F. Carr.

This year, they have worked on kitchen cabinets and have installed attractive cabinets of knotty pine in natural finish.

There have been many new homes constructed this year, and the county Extension agents have been called on many times for help in securing house plans, and helping to make changes to make more convenient and comfortable homes for the amount of money they could spend. Specialists in this field have also helped with this planning. The home agent has assisted twelve families with such planning. Sixteen families have also been assisted by home visits and conferences in doing some remodeling. It is very encouraging to see water systems and sewage systems being installed in many homes. However, many waited until after the work had been done before notifying Extension agents to come to see the results. If more careful planning had been done, no doubt better results would have been obtained as to location, convenience and attractiveness. Our problem is to help more people in the county to become aware of the improvements needed in their homes and help them plan more efficiently.

Help has been given the Apponattox Presbyterian Church in their remodeling and building program. Extension specialists have given at least three days to this project. Plans were prepared by them for changes in the church sanctuary, insulating and painting, and plans drawn up and specifications listed for building a new Sunday School addition to the church. All this has been completed this year and has been visited by one of the specialists who drew up plans. This is proving a good demonstration to other rural churches in the county and state.

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B. Other Activities

1. Federation Goal

~~Home~~ and Community Beautification is the Federation Goal selected for special emphasis for 1951 program.

In 1950 when the dedication of McLean House was observed, attention was brought to the members of needs for improvements to farm entrances, rural mail boxes, and improvements needed in general in each community. Therefore, this goal was selected, and the following objectives planned: improvements of farm entrances; walks and driveways; landscaping around and improving rural mail boxes; and flower gardens.

Four newspaper articles printed and four radio talks made on the goal.

It was planned to send letters to each box holder in the county, asking them to improve mail boxes and giving rules and regulations governing the proper erection of the mail box. Due to illness in family of federation goal chairman and many other interruptions, the letter was not sent. However, the committee still think it's a good idea and put it in the program for 1952 since the same goal will be stressed.

Mrs. Frank Carr, County Chairman and President of District III, did an outstanding job on landscaping the entrance to their home and improving mail boxes, since two of her neighbors have their boxes at the same entrance.

Reports show that only 29 members improved entrances and mail boxes and 33 made improvements in driveways and walks; seventeen of these were result demonstrations as planned for in setting up the program.

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Two leader training meetings were held, one by Extension Horticulturist, and one by a local person. One county-wide pruning demonstration of shrubs was held by Extension Horticulturist in January. Due to sleep and rain, only about twenty people were present. However, those present have put into practice information gained at this meeting.

Plans and suggestions for landscaping the grounds of three new homes were also made by specialist and these are used as result demonstrations. Due to dry summer and fall, work has progressed slowly, especially in getting a good lawn as the first requisite.

Art in Daily Living was selected as a long time goal, since many club members are interested in handicrafts and rug making. Members report making 56 rugs during the year. Etching of aluminum trays has been of much interest and one member made trays for church bazaar that were sold for \$26.00.

Stencilled articles have been very popular. Members report 334 articles decorated with textile paints. Glass etching is discussed under projects.

## 2. Recreation

In each community during August, the home demonstration clubs had planned recreational meetings and picnics for the entire family. Swimming and games were enjoyed, especially by younger members.

Five clubs gave their annual Christmas party for the young people in their communities. Christmas carols and games were enjoyed and refreshments served to the groups.

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### 3. Library

The County Librarian cooperates with the home agent in circulating books to each community where requested. The women are proud of and appreciate this project which encourages them to read to keep up to date on the latest books. Each club member was encouraged to read a book on home-making, as well as current novels.

The reading list of the State Federation of Home Demonstration Clubs is also made available to the members and at the County Library where as many books as are available from the list are offered to the members.

### 4. Health

During the month of April, the Home Demonstration Clubs cooperated in distributing educational materials and solicited funds for the Cancer Drive. The campaign treasurer reports approximately one-third of funds raised was by home demonstration clubs. \$30.00 was raised by Lee Club, largest amount raised by one club.

76 women and 2 men had physical examinations at the Cancer Detection Center in Lynchburg last year; this year 20 women had the same examination and approximately 50 women went back for re-check examination. The results of these examinations have been very gratifying. To date, from this county only one woman was found to have cancer, and the doctor has assured her it was in the early stages and had been located in time to be treated successfully. This one case has made the examinations well worth while, we feel.

### 5. State Federation Activities

(a). 100% clubs paid State Federation dues by March 1.

(b). District Federation Meeting

Forty-one home demonstration club members and home agent attended District III Federation meeting at Powhatan May 2. The women were all

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very proud of the way in which Mrs. Carr, County Chairman and also District President, presided at this meeting.

(c). The County Home Demonstration Committee raised funds for new equipment for demonstration kitchen. New metal cabinet and two metal top tables for about \$56.00.

(d). State Federation meeting was attended by County Chairman, Mrs. F. F. Carr, who was installed as president of District III.

#### 6. Achievement Program

The Annual Achievement Day Program and Banquet was held the first of November and was attended by approximately 100 members. The Editor of the county newspaper, "Times-Virginian", was guest speaker and used for this subject, "Woman's Place in a Changing World."

Other interesting features of the program included special music, dramatic reading and report of accomplishments of 1951 club year. Posters and exhibits representing demonstrations given during year also added to the interest of the occasion.

#### 7. Publicity

##### (a). Press

The "Times-Virginian", Appomattox County weekly paper, reaching approximately 90% of the homes in the county, carries the home agent's weekly schedule of meetings, news articles and stories, and, in general, gives excellent publicity to all County Extension Programs.

The Lynchburg Daily papers also give good publicity to the Extension program and some publicity is given in Richmond papers to announcements of meetings and reports of accomplishments.

(b). Radio

The Home Makers' Program may be heard daily over Station WFLO Farmville 10:30 a.m., when one of the home agents from the five surrounding counties is featured. They also report meetings daily and other announcements related to Extension.

WLVA Farm Reporter, Lynchburg, gives wonderful publicity to all Extension programs and often visits a group and makes tape recordings for use on following day's program.

8. Visual Aids

Use of movie projector and slides have proven satisfactory methods of teaching accepted practices by the home agent and leaders.

9. Home visits have been used to check progress and practices adopted as well as give instructions and suggestions as requested.

10. Year Books 1952

This year the Home Demonstration Committee raised \$205.00 for the year books by soliciting ads from different business firms in Appomattox County. After paying \$66.00 for the printing of these books, the rest of the money will be used for equipment, material and supplies and any other expenses necessary in carrying out the year's program. The executive committee planned and prepared the Year Book. They dedicated the book to Mrs. Frank Carr, who has so efficiently served as County Home Demonstration Chairman the past two years and is also a State officer, and gives very unselfishly of her time and talents to home demonstration club work and activities. The book will be ready to distribute by December 1 which is the beginning of our new club year.

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VI. 4-H CLUB WORK

1. Foods

A. Meal Planning, Preparation and Service

The objectives of this project were to help 4-H Club girls develop skill in the preparation of food and in planning and serving an adequate diet; to make the best use of home produced foods; to assume responsibility for planning, preparing and serving family meals; and to develop desirable food habits. This was a summer project and was carried by eighty girls in seven groups. Fourteen junior and six adult leaders assisted in giving the demonstrations and were trained at three leader-training meetings by home agent. Eighteen demonstrations were given on this project by leaders and seven by home agent. Seventy-six girls report planning 2,760 meals and serving 2,050 meals; set table 17,530 times; made cake 225 times, cookies 350; prepared milk dishes 235 times; cooked a vegetable 1205, prepared and served club refreshments 8 times. Each girl brought food to be judged to club meetings and forty girls entered club contests. Fifteen girls entered club, county and district contests. Winners will be discussed under "Contests".

B. Bread

Two clubs of thirty members carried the bread project. Seven demonstrations were given by club members and leaders on this project and one by a professional worker. There was a great deal of member participation in the demonstrations since the groups

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were small. Twenty-eight members report making biscuits 568 times; muffins 76, corn bread 202, cake 30, waffles 30, yeast rolls 60, and loaf bread 20 times. Jackie White, eleven year old club member reports making biscuits every night for supper and that her family are very complimentary of her efforts. More members have reported that they have made breads for the family meals than in previous years. Mothers have commented on the success their girls have had in making the different breads and that they are glad to have them assume more responsibility in preparing the family meals.

#### C. Garden

Eight 4-H Club girls from Appomattox and Pamplin Clubs were enrolled in the Sears, Roebuck Garden and Canning Contest. The objectives for this project were: to teach the girls care and management of a well-planned garden; to carry out a planned program of garden insect and disease control; to contribute to family food supply in fresh, canned, frozen and stored foods; to develop a love for working with the soil and growing plants.

The home agent and two adult leaders worked with the girls on planning the family needs, recommended practices for soil preparation and selecting and planting of seeds, with assistance of their parents.

Two visits were made to each garden for scoring by the State Extension Garden Specialist with home agent, who also gave suggestions to the girls on management and insect control. The home agent visited the girls and checked on the progress of their gardens three times during the summer.

Seven girls completed the project and exhibited their products. Total receipts of \$1857.80 was reported; total expenses of \$149.60, leaving a profit of \$1708.20. \$48.00 was the amount of prizes won on exhibits made from these gardens. The girls canned 2064 quarts of vegetables from these gardens and estimated value of canning is \$412.80.

Patricia Alvis, 13-year old Appomattox 4-H Club member, won first place in both garden and canning contest. She was awarded \$14.00 by Sears, Roebuck -- and won at fairs approximately \$15.00 on her exhibits from this project.

The canning exhibits from nine counties competing in this project were on display for two weeks in the store window at Sears' store in Lynchburg and were viewed by approximately 2,000 people.

D. Food Preservation

165 4-H Club girls from eight clubs enrolled in food preservation and 152 girls reported on the project. Fourteen demonstrations were given by leaders on canning. Eight members assisted home agent with six demonstrations. Three demonstrations were given by leaders on freezing and home agent gave two. The leaders were trained at three meetings for these demonstrations.

The objectives of this project were: to teach approved methods of food preservation and to encourage club members to assist in helping with this phase of live-at-home program; how to make the family food preservation plan; how to use pressure canner; how to prepare foods for freezing; to recognize the importance of fruits and vegetables in the diet and to increase their use during winter months. These girls exhibited their pro-

ducts at club and at fairs. The county winner in canning contest was also winner in the district contest and won second place in State for which she was awarded a silver vegetable dish and \$10.00 in cash. Reports show these girls canned 2346 quarts of food alone and helped their families can 18,470 quarts. They prepared for freezing 278 packages and helped to prepare 565 for freezing. 152 girls report helping to plan the canning budget for their family needs. Members reports show an increase in number of quarts canned over 1950, especially in amount of tomatoes and fruits canned.

## 2. Clothing

The objectives of the 4-H clothing program were: to help the girl to look her best by careful planning the use of things on hand and those to be added; learn to choose becoming ready-to-wear or patterns for making clothing; to judge quality in fabric and workmanship; and develop skill in making alterations in ready-to-wear, in remodeling garments on hand and in making new garments; plan wardrobe to fit the family clothing budget and activities of the girl; to learn to care for her clothing and develop habits of good grooming.

Methods for conducting clothing project work used: training agent received at 4-H Work Shops by Extension Clothing Specialist, and use of demonstration materials prepared by clothing specialist.

The adult and junior leaders were trained by home agent in groups or in conferences and gave a total of ten demonstrations. Home agent

gave four assisted by junior leaders.

A total of eighty-eight girls were enrolled in three phases of clothing projects and eighty girls reported on accomplishments as follows:

Thirty girls were enrolled in Unit II "Make or Remake" project. Reports from 28 girls show they made 106 new garments and remodeled 84 garments. All 28 girls report getting well equipped sewing kits. 28 girls reported keeping personal accounts for six months and spent a total of \$2,220.11 as follows: Outer garments \$878.00; under garments \$247.25; shoes \$563.76; Hosiery \$97.00; accessories \$206.10; care and repair \$138.00; personal care \$90.00. The total average is about \$79.30 for each girl.

Many of the girls exhibited their project work at the Five-County Fair and the Lynchburg Fara Show and won many prizes.

Joyce McCormick, Appomattox Senior 4-H Club member, and State Clothing Achievement winner for 1951, has carried clothing projects for the past seven years. She has taken every opportunity to exhibit her project work and enter clothing contests. She has won approximately \$125.00 in prizes on exhibiting her clothing work. She says the knowledge she has gained from her clothing projects has helped her in many other activities. She is a member of the Carol Choir of her church and being robe mistress, she used the information gained in getting correct measurements for each member of the Choir. She has also helped make costumes for plays at school in which she says she always referred to her 4-H Clothing project work. Joyce

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says, "When I selected clothing as my project, I didn't have any idea that I would ever be able to sew very well. My first garment was an apron, then a simple blouse, dress, pajamas -- now, woolen suits". She says she makes at least 75% of her clothes and loves doing it, because it means a saving in the clothing dollar for her family. "It also means that I have better quality clothes and styles for less money."

Joyce has earned approximately \$50.00 in making at least twenty dresses for young children in her neighborhood, and sews a great deal for her young cousins. She serves as leader in her club and is very active in all club activities.

There were 38 girls enrolled in Unit III, "So You'd Like to Sew". 35 girls report making 93 garments which included skirts and blouses. They report making 160 articles, including head scarfs, needle cases, aprons, kitchen towels, and handkerchiefs. These girls report learning to use sewing machine for first time.

There were 20 girls enrolled in Unit I, "Care of Clothing", with 17 girls reporting on accomplishments. These girls report making 44 articles which include shoe bags, shoe-shine boxes and clothing protectors.

The 80 girls enrolled in clothing projects report a total saving of \$962.55.

### 3. Laundry

There was a total of 40 girls enrolled in laundry projects. 30 girls in personal laundry; and 10 girls enrolled in Family Wash, Family Ironing and Small Laundry Equipment. There were twenty-five

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More girls enrolled in laundry projects this year over the last three years. The success of Mildred Mann, State and National Winner in 1950 Improved Ironing Contest was responsible for the increase, it is believed by the leaders.

The objectives set up for all laundry projects were: to teach members how to properly wash and press materials of cotton, wool, silk, rayons and nylon; how to measure, wash and block their sweaters; press woolen skirts; and encourage them to care for own clothes and assume certain responsibilities for helping or doing the family washing or ironing.

Eight members report improving methods of doing family laundry and six report improving laundry equipment. These improvements include getting clothes basket on a wagon or cart to carry clothes to line; putting water in tubs with hose; and sitting to do ironing.

In personal laundry project, 26 members report washing and blocking 168 sweaters and washing their socks and underwear for six months. The leaders were trained by home agent and gave fifteen demonstrations on these projects and members report giving six.

#### 4. Home Improvement

226 4-H Club girls, representing the eight 4-H Clubs in the County, enrolled in two phases of Home Improvement Projects. The objectives set forth were: to teach girls how to care for their own rooms -- daily, weekly and seasonal care; arrangement of furniture for beauty and convenience in caring for rooms; color harmony in rooms and furnishings; to plan, make or buy necessary furnishings, and an appreciation of helping to make their homes more attractive and livable.

The home agent attended two work shops on Home Improvement projects conducted by State Extension Specialist, and trained the leaders, who gave and assisted with 30 demonstrations on these projects.

160 younger 4-H Club girls from six groups were enrolled in Care and Arrangement. 143 girls reported on work done. 65 girls from two clubs took for their projects Improving Their Bedrooms - sleeping unit. 52 of these girls reported accomplishments. These girls report making 276 articles which included dresser scarfs, pillow cases and hand towels.

A total of 165 rooms reported re-arranged for easier care.

Joyce McCormick, State winner in Clothing Achievement, also used information learned from her clothing work in her home improvement project and reports more work accomplished than any other club member enrolled in this project. Joyce made for her room a book case and dressing table, also curtains for her room to match skirt of dressing table; four pairs of pillow cases, crocheted rug, improved color scheme, and lighting system. She helped to refinish porch floor and furniture.

Most of the girls in this project had to share their rooms with one or more other members in the family. In this case, not as much interest is shown as where a girl has a room of her own. However, these little girls made improvements for storage of their personal belongings by putting partitions in dresser drawers and division of closet space.

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175 girls report learning to make beds correctly and 143 cared for their rooms for six months and 32 report caring for their rooms all the time.

B. Other Activities

1. Outstanding 4-H Club

The Appomattox Senior 4-H Club members have successfully completed a good program of work this year. They have not only been active in their club, but County 4-H Council and 4-H Honor Club activities.

In observance of National 4-H Club Week, March 3 -- 12, they made an attractive exhibit showing project work at one of the local stores in Appomattox.

National Rural Life Sunday was observed at a local church and was attended by the group in a body. Ten girls were county winners in home economics projects and eight of these girls entered the area contests, each winning blue ribbons; and five of these girls represented the district in the State Contest.

Joyce McCormick won first place in Clothing Achievement Contest and will attend National Club Congress. Gaynelle Irby won second in State Canning Contest and was awarded a silver vegetable dish and \$10.00 cash award.

Den Carson, also a member of this club, won first place on his Dairy Achievement Project and will attend National Club Congress.

This club did a good job on Safety Program. They prepared a radio broadcast on Safety and had a State Trooper to speak to the group on Safety.

This club had a good representation attending District Camp and State 4-H Short Course.

The members entered individual exhibits at the Five-County Fair and the club made an educational exhibit and won first place. They also made many exhibits at Lynchburg Farm Show and won prizes. Patricia Alvis won a total of \$28.00 in prizes at fairs and won first place in Garden and Canning Contest.

A very attractive float featuring the theme, "Working Together for World Understanding" was made and entered in the Appomattox High School Home-Coming Parade. No prizes were awarded any floats, however, they were commended on amount of work they did and attractiveness.

The members are good leaders and are assisting the younger members in other clubs with project work and records.

2. National 4-H Club Week

Special emphasis was placed on observance of National 4-H Club Week at each of the eight 4-H Club meetings during March. The theme, "Better Living for a Better World" was stressed. Outstanding posters were made and exhibited prior to the meeting by three clubs. The Appomattox Senior 4-H Club put up an exhibit featuring project work of their club in a window display in one of the local stores. This exhibit was viewed by approximately 500 people during the week. The Pamplin 4-H Club's exhibit featured safety through 4-H project work. This exhibit was placed in a store window in Pamplin and seen by approximately 300 people.

3. Rural Life Sunday

Each of the eight 4-H Clubs observed Rural Life Sunday in May.

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Each club selected a church in the community in which it is organized for the Service. A committee of members from each club conferred with the pastor and made plans for the Service. At each of these services, the pastor built his sermon around the Heart H. Some of the 4-H members participated at each Service by reading Scripture, giving 4-H Fledge, Motto and Creed; some acted as ushers and took up collection. The members decorated the churches in 4-H colors for the Service. Very favorable comments on these services have come from each community where they were held and an appreciation of learning something of 4-H activities. The Evergreen 4-H Club had a former 4-H member who is now pastor of one of the churches there to conduct their services.

#### 4. Contests

Contests serve as a valuable incentive to the girls to complete projects. They learn to speak before an audience with confidence and poise. They learn the importance of planning, preparing, and giving a demonstration before a group.

4-H Club girls look forward to the friendly competition of contests which give the members something to work for and an incentive to do better work and rise from a county winner to District and perhaps State.

Ten 4-H Club girls were County winners and eight entered the area contest held in Lynchburg on February 10. Each of these girls were blue award winners in the area and five were first place winners in district. Representing the District at the State Contest were:

Joyce McCormick, Clothing Achievement; Gaynelle Irby, Canning; Patricia Alvis, Dairy Foods; Ann Thomas and Virginia Herndon, Dairy Foods Team. Celia Jo Coleman was county winner in Public Speaking Contest and entered State Contest held during State Short Course. Celia Jo and Lynwood Pelot, County winners in Farm and Home Electric attended a two-day all expense trip to State 4-H Farm and Home Electric Congress, Richmond, Virginia, September 6 and 7. Their award was a gold medal.

State winners: Joyce McCormick, Clothing Achievement - award, trip to 30th National 4-H Club Congress November 25 - 29.

Gaynelle Irby, Canning - award, Silver Vegetable Dish and \$10.00 cash.

Scholarships of \$5.00 were awarded each of the six 4-H girls who competed in the State 4-H contests by the two banks and other business concerns in the Town of Appomattox.

5. District 4-H Club Camp

Sixteen 4-H girls, thirteen boys, one Junior leader, one adult leader, home agent, farm agent and assistant farm agent from Appomattox County and members and Extension workers from four surrounding counties attended District Camp at Holiday Lake the first week in July.

An interesting program and good weather made this a happy occasion for the members.

As usual swimming and handicrafts were the classes most enjoyed. Two other classes, "Know Your Government" and "Electricity in the Home" were taught. A well-planned recreational program with members partici-

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pating, and making a radio tape recoring all added to their enjoyment during the week.

#### 6. State 4-H Club Short Course

Nine 4-H girls attended the State 4-H Club Short Course at V.P.I. the week of June 25. This was an increase in girls attending over the last five years. Six of those girls competed in State contests and two were State Winners.

Joyce McCormick State winner in Clothing Achievement Contest was also taken in the All-Star Chapter. She is very proud of this honor.

#### 7. Fairs

Twenty-five 4-H Club girls entered exhibits in the Five-County Fair, Farmville, Virginia. Though the total number of exhibits was less than previous years, the quality was better. Virginia Herndon placed second in Style Dress Revue wearing a school dress which she made.

Two booths showing phases of project work were entered by the Appomattox 4-H Club. The education booth showing a phase of foods work won first place. About \$40.00 was won in prizes on canning and clothing entered by 4-H members of Appomattox Club.

About 45 4-H'ers participated in the Lynchburg Farm Show and won approximately \$60.00 in prizes. Nine girls took part in Style Dress Revue and won two placings - second on party dress and fourth on tailored wool dress.

Approximately 5,000 spectators attended the opening night to see the Style Dress Revue and talent show put on by county club people. There were a few less exhibits than last year, but the quality of

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exhibits was better. An attractive added attraction to the Farm Show this year was a Flower Show sponsored by Garden Clubs of nearby Lynchburg. A bus load of 4-H'ers attended the Farm Show for one day.

### 8. Recreation

Club members were guests of home demonstration clubs at the annual Christmas parties during December 1949.

Each club held a party or picnic during the year.

When time permits, a short period for recreation is enjoyed at monthly club meetings. Softball was enjoyed during summer months as a regular part of club meeting.

### 9. Tours

Eight 4-H girls enrolled in Sears Garden project made a tour of each of the spring gardens.

Small groups also visited home improvement projects during summer.

### 10. Achievement Day

4-H Achievement Day was observed on November 23 with good attendance of members, parents and friends from each of the clubs in the county. A flag set, American and 4-H, to be used at regular club meetings is the prize presented club having largest percentage of attendance present.

An interesting program was prepared and presented by club members. Awards were presented to all outstanding 4-H Club members. The program was held in the only theater in the county and the management showed an interesting film to the members as a part of their program.

VIII. SCOPE OF WORK

	1948	1949	1950	1951
Number of Home Demonstration Clubs	16	16	18	17
Membership	316	330	335	339
Number of 4-H Clubs	7	8	8	8
Membership	195	198	238	234
Number of other families reached	700	720	725	750
Total number of families reached	986	994	995	886

Two other groups met on during the year, of 15 women each, for demonstration on etching aluminum trays and stencilling fabrics. Demonstrations by Home Agent. One group held four meetings on making rain wear. Demonstration by Home Agent.

IX. COUNTY ORGANIZATIONS

A. County Board of Agriculture

This organization has been inactive as a group, however, plans are to re-organise.

B. County Home Demonstration Committee

In working out 1951 Home Demonstration Club program, the County Committee, composed of club presidents and program development chairmen, met and considered very carefully county, community and home needs as brought out at club planning meetings and reported to them for consideration. The family income and cost of improvements were considered. With more money to spend on improvements in the home, they included demonstrations to work toward that end. Participation in District

and State Federations of Home Demonstration Clubs was planned at the spring meeting of county committee.

Two training meetings were held for the program development leaders and folders of material for use in helping them to understand and function to a greater advantage to their clubs was given each leader. These leaders did show improvement over previous years, and in most cases ready to serve in same capacity another year.

Special planned activities for the year included: Foods -- Gifts from the Kitchen; Community Meals; Yeast Breads; Meringue and Meringue Shells; Eggs and Cheese Dishes; and Luncheon Dishes. House Furnishings -- Lamps and Shades; Window Treatment; and Class Etching. Home Management -- Saving Time and Energy in Doing Family Wash; and Family Ironing.

Special interest activity: Making Rain Coats. Federation Goal activities to be stressed: Landscaping and Mail Box Improvement; Growing Flowers and Flower Gardens; Flower arrangement; and Walks and Driveways.

County objectives were: Encourage young homemakers to join clubs; all clubs assist with 4-H program; study United Nations program; cooperate with County Health programs; and plan wholesome family recreation.

The leaders planned to give six to ten demonstrations in each club. All program planning was done with the assistance of district and home agents.

The committee was influential in getting County Board of Super-

visors to paint Home Agent's office and demonstration kitchen. New equipment purchased by committee for demonstration kitchen were a metal cabinet, metal top table and table cart at a cost of \$50.00.

#### C. County 4-H Project Planning Committee

This committee is composed principally of older 4-H Club members, serving as Junior leaders and adult sponsors or leaders. One meeting was held with fifteen present to plan 4-H program of work and demonstrations for 1952.

#### D. County 4-H Club Council

The County Council is composed of officers and leaders of eight 4-H Clubs in the County. Three meetings were held by the Council. The 1951 4-H Club program, including monthly calendars of suggested programs, county-wide and community projects, and the observance of national events as 4-H Club Week, 4-H Club Sunday, 4-H Club camps, 4-H Achievement Week, contests, fairs, and recreation, were planned by the Council at the regular meeting in December. The spring meeting of the Council was to check progress, complete plans for summer project work, camps, contests and recreation. The summer meeting was devoted to plans for Achievement Day and reports.

#### E. County 4-H Honor Club

The Honor Club has a membership of about 25 older 4-H Club girls and boys. They have helped with project work, records, fairs, and achievement day. Six members were given certificates of merit

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at the spring meeting, at which time an initiation service and candle-lighting ceremony was held.

The Honor Club sponsored one county-wide recreational meeting for all 4-H members.

F. County All Stars - un-organized.

G. Other County Organizations

1. Professional Workers Council

The outstanding piece of work done by the Professional Workers Council this year was preparation for the Nutrition and Family Food Survey conducted during July.

The Council held two meetings in preparation for this study and decided on what the study should include and how we can use this information from the study to develop better programs in the future. All agencies in the county cooperated wonderfully in helping to set up this program.

2. County Home Economics Workers

The home agent and vocational home economics teachers in the county have cooperated on food production and conservations programs, in reaching as many families as possible, without duplication with information on producing and conserving the family food supply.

3. County Cancer Council

The agent has cooperated with all educational programs sponsored by the Cancer Council. Has contributed news articles and radio announcements in behalf of the program. Each home Demonstration Club worked during the drive for funds. Lee Club raised \$30.00 which ex-

ceeded amounts raised by other clubs which were all very good.

A movie was shown on cancer to five groups during April.

#### 4. Red Cross and T. B. Drives

Home Demonstration Club members have assisted in every way possible with clinics and raising funds for these organizations.

Members of home demonstration clubs have helped with the Red Cross Bloodmobile program three times this year. The home agent served as Chairman of Canteen for Bloodmobile program. All food was contributed by Club members, many of whom helped prepare and serve doctors, nurses and volunteer workers which numbered approximately fifty on each visit; and fruit juices, milk, sandwiches, and cookies to blood donors which averaged about 110 for each visit. This meant a great saving in funds to county chapter.

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X. LEADERSHIP

A. Contribution of Volunteer Leaders

1. Organizational

The organizational leaders assume responsibility for the work of each club and consist of president, vice-president, secretary, and treasurer. They made a study of the State Federation Handbook and Parliamentary procedure and have conducted their meetings in a business-like manner. They are responsible for promoting the County Home Demonstration Committee and for the growth and success of the program within the community and county.

2. Program Development

The responsibility of these leaders is to help build a useful and interesting program based on needs and interests of the community and county.

During the year, they made note of changes necessary in the program; likes and dislikes about the program; and ideas for next year's program. The program development leaders made a very good contribution in planning this year's program.

3. Subject Matter

These leaders are responsible for giving subject matter information to their clubs through demonstrations and discussions. The leaders were trained twenty-one training meetings, conducted by Extension specialists and home agent and have given a total of 174 demonstrations on this year's program. This shows an increase of 36 demonstrations over 1950 club program.



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C. Leadership Accomplishments

The leaders have done an exceptionally fine job this year. The home agent was out of county two weeks in March, at in-service training school V.P.I., about ten days with County Nutrition Committee first of July, and out because of illness for about five weeks during the summer. Meetings and other club activities were carried on by leaders for this time per schedule in a very fine way. They have assumed more responsibility for every phase of club and community activities than in previous years.

XI. WORK IN COOPERATION WITH OTHER AGENCIES

A quotation taken from the last Nutrition News Bulletin, prepared by State Extension Foods Specialist regarding Nutrition Study, "The agents and all agencies and organizations of the county cooperated wonderfully", just about sums up the spirit that has always existed between the different agencies working in the county.

XII. APPRAISAL OF YEAR'S WORK

The objectives of the 1951 Home Demonstration and 4-H Clubs program were to improve standards of farm, home and family life and to develop leadership abilities in adult and 4-H Club members.

The planning of the adult and youth programs was based on needs and interests of the members and was done by them.

This year's program has given both 4-H and adult members an opportunity to express their personalities in many ways and has given them much satisfaction in the things they have done together and individually, and has helped to develop good relationships in their clubs, community and county.

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The leaders, this year, have definitely assumed more responsibility for carrying out every phase of the program. It is most gratifying to compare the development and progress they have made through the years, even the last two or three years.