

VIRGINIA

TAZEWELL Home demonstration agent Annual report 1942
county

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REPORT FILES
EXTENSION WORK

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
TAZEWELL COUNTY
VIRGINIA

HOME DEM AGENT ANNUAL REPORT

1942

Miss Chilton Ryburn

Home Demonstration Agent

December 1, 1941 - November 30, 1942

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III. SCOPE OF WORK

- A. Home demonstration clubs
No. 13 Membership 277
- Other groups sponsored by home demonstration clubs
No. clubs: White 4 Membership 68
- B. 4-H Clubs
No. 16 Membership 256
- C. Older Youth Groups
No. 1 Membership 12
- D. Number reached through special classes taught by agent 170
- E. Number families reached through neighborhood and community leaders 1012
- F. Estimate total number families reached 1427
Number farm families in county 2198

IV. ORGANIZATION - Changes and new developments

A. County Home Demonstration Committee

In December 1941 the Home Demonstration Committee of the Tazewell County Extension Work had as its members the presidents of the 11 home demonstration clubs in the county. When a call meeting was held in January 1942, the Presidents and Project Leaders of each club were asked to attend. The Home Economics Teachers and the Farm Security Home Supervisor were also asked to attend. When the plans were being made for the committee meeting to be held in September, the state office advised the regular committee of home demonstration presidents to invite a few of the HD members of "long standing", and people who had been helping to promote the work for years, to attend the meeting. During the year two new clubs have been added to county enrollment and their presidents added to the Home Demonstration Committee enrollment. Therefore, during the year definite changes have been made in the membership of this committee.

The Committee holds meetings whenever necessary to plan for the activities of the clubs in connection with the regular home demonstra-

tion work, and in cooperation with the other organizations of the county.

The function of the Committee may be gotten from reports of the last meetings. In the last meeting held in 1941 the members planned the 1942 program, month by month. They selected the Federation Goal, and the County Campaign. The members planned the County Club Yearbooks, which were printed and distributed to the members in or before the December meetings. Everything was "all set" for the 1942 program. Then war was declared, and in January the Committee called a meeting to adjust or change the program. This was done in order that Tazewell County could cooperate with the state in putting on a Production and Conservation Program. Thirty HD members and three Home Economics teachers attended this meeting. The State Clothing Specialist, as State representative, explained the program which was suggested by the state. The women were permitted to vote as to whether they would rather continue the county program as had been planned, or adopt the new program. All members were in favor of taking the Production and Conservation Program. Therefore, the state representative turned the meeting into a brief training meeting. Literature and new leaders manuals were given the leaders, to be used in the February and March meetings. The presidents were instructed in such a way that they could explain the change to the members. Results of this work will be found in VI, 1, a, on page 13 .

The second Home Demonstration Committee meeting was held on September 30. The purpose of this meeting was to plan the 1943 program. As has been stated before, several of the members of the old Advisory Boards and Home-making Boards were invited. This was due to the feeling that these older H. D. members could give valuable advice in planning the program. The nice president of the County Board of Agriculture was present and gave a brief report of the work of that Board. Ten women represented 7 clubs, and three others attended this meeting. The State Home Management Specialist was present, and gave much valuable information on the outlook for 1943. She was also a great help in making plans for the Tazewell County program. The Committee selected four Clothing demonstrations, three Foods and Nutrition, two Home Management, and a Poultry demonstration. As the Federation Goal for 1942 had been Health, and the members felt much remains to be done along this line, they selected "Better Health for Every Family" as the 1943 County Campaign. "Libraries and Home Recreation" was selected as the Federation Goal because there is and will be a greater need for these, due to the tire and gas shortage.

In addition to this work, the Committee planned the yearbook for the clubs. The Yearbook was printed in November and copies sent to each club yearbook committee, to be filled in and given to members on or be-

fore the December meeting.

B. County Agricultural Board

In 1941 the adult work of the county expanded in the form of Community Program Planning groups. The Home Economics and Agriculture workers cooperated in this work. A map of Tazewell County was divided into 15 communities, and 79 neighborhoods. The Professional Workers were each given one or two communities to sponsor. A Community Chairman and Chairwoman were to be secured in each neighborhood to serve as committeemen. Community Chairmen were secured in all communities but the survey of the number of families, etc. by the two committeemen in each neighborhood was only completed in seven of the fifteen communities. This information has been given in connection with the stages of the development of the Agricultural Board, because the Community Chairmen and Chairwomen, plus the Professional Workers of the County, a banker, members of the County Board of Supervisors, and a representative of the H. D. Committee make up the membership of the County Agricultural Board.

On February 21, 1942 the Tazewell Agricultural Board was organized. Thirty-two people attended this meeting. Twelve of this number were professional workers, and five others were people from the town of Tazewell, who were interested. The purpose of the meeting was explained by the District Farm Agent, and the county map was shown. The Community Chairmen and Chairwomen were introduced as the work of each community was reported. The officers were elected. The Victory Garden Program and the Nutrition Program were both explained, and literature was given each of the community chairmen for distribution in their community and neighborhood meetings. The Board made goals for the year and a complete review of the meeting and the job to be done closed the meeting. A representative of the A. E. P. Company showed a picture on meat after the meeting. This was both interesting and instructive. After the first meeting of the Board, Community meetings were held in four communities to explain the Garden and Nutrition programs. The chairwomen of two other communities were Home Demonstration club presidents; therefore, since community meetings were not held, these women explained the program and gave out the literature at the club meetings.

The second meeting of the County Agriculture Board was held in May. At that time plans were made to help with the sale of Stamps and Bonds, and the labor question. By the time the community and neighborhood meetings were held the Agents had received information on Inflation and this was added to the information on Stamps and Bonds. The Community Chairmen and

Neighborhood Committeemen, in the two communities sponsored by the Home Agent, made a house to house, or farm to farm canvass of their neighborhoods and asked the people to pledge to buy stamps and bonds each month. They explained the information on inflation and discussed the labor question. The results of this work show that every home was canvassed and ninety per cent are buying bonds and stamps.

As has been reported before, there are 15 communities and 79 neighborhoods in Tazewell County. Community Chairmen and women were appointed in each community; however, only seven or eight communities have ever held a meeting or considered it important to get the information to their neighbors. In one community a Rural Youth boy was asked to be a Neighborhood Committeeman but did not function. In one neighborhood a negro man and woman were asked to assist the committeemen in carrying information to their negro neighbors, and they helped in every way they could.

The Tazewell County Agricultural Board is not functioning in the way it should because none of the programs put on by the Board have reached all the people, and because the Community Chairmen do not attend county meetings, and the neighborhood chairmen are not able to attend community meetings, or reach all their neighbors. There have been so many changes in the personnel of the Agricultural and Home Economics Professional Council that perhaps they have not all sponsored the communities in an ideal way, even though they have tried to help. It is believed that, since the district agents of the different state agencies have divided the counties, and a District person will sponsor or advise each County Agricultural Home Economics Professional group, the Council and the Board may be strengthened.

C. Professional Workers' Council

The Professional Workers' Council consists of Agriculture instructors, Homemaking teachers, Farm Security Farm and Home Supervisors, AAA clerk, a banker, the County Board of Supervisors, the President of the County Agricultural Board, the Welfare Supervisor, and the Extension Agents of Tazewell County. This Council holds one regular meeting each month and extra call meetings when necessary. Since November, 1941 the council has had only eight meetings. No meetings were held between June and November.

In the January meeting the Council discussed organizing the Agricultural Board, and each Professional worker promised to be responsible for get-

ting the community chairmen from his or her communities to the Board meetings, even if they had to go out to the Communities and bring them to the meeting. As has been reported, 12 professional workers attended the organization meeting of the Agricultural Board.

In March the Bankers entertained the Professional Workers, and later the Workers invited the Bankers to their meeting. This seemed to be a step forward because the bankers have a farm project and these two organizations should cooperate. In the April meeting the workers planned to each write an article showing the type of information the people of the county could obtain from each worker, for the County papers. These articles were to be turned in to the secretary at the May meeting. The May meeting was not held because of the small attendance, and the secretary was the only one with an article ready to be published. At the June meeting the council decided to discontinue meetings for the summer months. The only other meeting held this year was the November meeting. This was the most wide awake meeting held during the year. The chairman of the County War Board asked the Council to cooperate with him in putting on a program which will encourage the farmers. This program was planned to give publicity to what the farm people have already done to help in winning the war, and what remains to be done. The council decided to sponsor a page in the county newspapers. The members are to write articles showing the work of their farm families, etc., which are to be published the first of December. The Home Agent was made chairman of this publication. In addition, a farm day was planned to be held the second Saturday in December, 1942, with a turkey auction, pig auction, and exhibits of "made over" farm machinery all to be held on the main street of Tazewell. A prize will be offered for the oldest piece of farm machinery still in use.

The Home Demonstration Agent has been the secretary of the Professional Workers' Council for the year. In January she acted as the chairman and secretary in the absence of the chairman. In February the Home Agent acted as chairman of the Agricultural Board meeting. Each month she has sent out letters notifying the members of the meetings, and she has been present at all meetings except one. This absence was due to a conflict with a First Aid class, therefore, the Home Agent secured a secretary pro tem and sent the minutes etc. to the meeting. In the Community organization work the Home Agent had two communities. She selected the two in which she had the fewest clubs, so that she might meet and work with more different families. Both of these communities have been completely organized, have held their meetings, and have gotten the information to the people, as well as the Stamp and Bond pledges back to the

County office. The Agent feels that much of the success of the work in the two communities which she sponsored was due to the fact that last year - 1941 - after the survey was made in the Program Planning work, she did not drop her communities but planned a program with them and secured a speaker for a community meeting each month. Therefore, when the time came to organize the Agricultural Board, the Chairmen of the two communities were ready and interested, and the Committeemen were ready to attend the meetings held back in the Communities. However, since the tire rationing has cut down mileage, the Home Agent has not felt it wise to call meetings each month. Therefore, the only meetings held in these communities, since February, were the ones to carry out the plans of the County Board.

V. LEADERSHIP

A. Adult Work

There are 13 Home Demonstration clubs, each having a president, vice president, secretary and treasurer, two project leaders, and a reporter. In many of the clubs the federation goal chairman did not hold any other office, while in others the goals chairman and campaign chairman were club officers.

The presidents of the clubs have conducted all meetings with very good parliamentary procedure, and the secretaries have kept splendid minutes. In addition to the minutes and roll call the secretaries have kept an account of the number of times the members have carried information to people outside of the clubs, and the number of times they have helped sick neighbors. At the end of the club year each secretary made a written report of the activities of her club. These reports show that the members carried information 1416 times this year, which is quite an improvement over the 628 times reported in 1941. The times members helped sick neighbors add up to about 345. A report of the meetings held to train presidents has been given in IV, A.

The Federation goal was Health, and the club goal chairmen secured the County Health Officer or Nurse to make a talk. The subject of the talk was the health work in the county and how the women could help themselves. The clubs felt these meetings both interesting and helpful. In addition to the talk in the clubs, four of the clubs sponsored Home Nursing Classes in their communities and invited all women to take advantage of them. These classes were most successful. One of the largest ones was taught by the secretary of the club, who is a graduate nurse, and a homemaker.

The Project Leaders were mentioned in connection with the call meeting held by the County Home Demonstration Committee in January. The project leaders were invited to this meeting because of the expected change in programs and in order to save time and tires. In this January meeting the leaders were given instructions and literature on gardening, meat, poultry, and dairy products.

Twelve project leaders from six clubs attended the all-day Leaders' Conference which was held in March. The demonstrations given by the State Clothing Specialist were on Conservation of Woolens, and the Conservation of Household Furnishings and Equipment.

Another County project leaders' conference was held in September. It was an all-day Clothing Remodeling Clinic, with the State Clothing Specialist in charge. There were 16 present representing 6 clubs, and many of these leaders brought interesting problems; therefore, all worked. This was the most enjoyable and inspiring conference of the year. In addition to the club members, a welfare worker, and a P.-T. A. member from a school where clothes are donated and remodeled for the children, attended the Remodeling Clinic. The welfare worker took the information to a group of women on her program. She has organized this group of women, with the help of information and advice from the Home Agent, and each month she has an office conference with the Agent and is trained and given literature for her group. The P.-T. A. member is the chairman of the remodeling in her group, and she has been most interested in all the information the Home Agent has been able to give her for the P.-T. A.

The Project Leaders have given 29 demonstrations, with an attendance of 402, during the year. The members have given good reports of these meetings and seem to feel that the leaders are improving with each demonstration. While the leaders were giving the demonstrations in their clubs, the Agent was allowed extra time to visit in the community, or to hold meetings in other communities or organizations. The Agent has never watched a leader give a demonstration in a club meeting. She visits the leader or writes her and checks with her on the demonstration before the meeting. Often when materials are scarce, the Agent will carry her demonstration to the leader, and either visit members who have been absent or non-members in the community, or plan some work for the next community, so that she can pick up the demonstration on the way back. The Agent held one leaders' conference with four leaders present, and the fifty training meeting reported in the statistical report was a canning demonstration given in June. The neighborhood chairmen (women) were asked

to attend this meeting, also the Farm Security and Home Economics folks of the county. Twenty-nine women attended this meeting. They represented nine clubs and seven neighborhoods, the Home Economics teacher from one school, the Farm Security supervisor and four of her members.

The seven neighborhood leaders who attended the canning demonstration were the only ones to attend a county training meeting. They took the canning information back to their neighbors and friends. Only one of these seven neighborhood leaders lived in a home demonstration club neighborhood. That one was also the only representative of her club. Therefore, she helped the Agent prepare for the demonstration in her community.

The Project Leaders collected the members' reports from the members and several of them compiled the club reports before sending them to the Agent. The Leaders' reports of project work were attached to the Secretaries' reports when they were turned in to the Agent's office. No one leader was more outstanding than the others, but all leaders have taken charge of more meetings and seem to realize more than before the importance of giving the demonstrations in their clubs.

B. 4-H WORK

The 4-H Clubs of Tazewell County worked without a sponsor all year. When the club exhibits of project work were held and judged, the members did not expect any award other than the ribbons. Late in October the bankers of the county offered to help, and gave the agent \$51.75. The Agent purchased Defense Stamps and 4-H pins with this amount. An account of this will be given in the 4-H project work.

One woman and one older girl served as project leaders this year. They have held 4 meetings with an attendance of 54. These leaders have been trained individually by the Home Agent, because of the distance between leaders. The Agent has visited a number of women and explained the great need for leaders in the 4-H clubs, but the women do not feel that they have time to help. The teachers are all glad to notify the members of the meetings during the school year, and to remind them of their work, but only four ever had time to stay in the meetings and none of these were able to attend the summer meetings.

The sixteen 4-H clubs have five officers each. The presidents conduct their meetings with good parliamentary procedure, and the secretaries have kept good minutes. At the close of the year the presidents and secretaries have written a report for each club, and the Agent has attached the project reports to the back of each. The Agent realizes the 4-H leadership is one of the weak spots of the County program.

C. OLDER YOUTH

The one older youth club has carried on its activities this year without the aid of an adult leader. At the first meeting of the year they decided upon two women in the community, and a committee from the club, also the Home Agent, asked these ladies to be the leaders, but they declined. Therefore, these older youth girls and boys have made and carried out their program alone. The Agent feels that more would have been accomplished with a leader.

VI. RESULTS

A. Home Demonstration Clubs

1. Project Work

a. Foods

(1) Production

In January the Home Demonstration clubs decided to change their program to the production and conservation program. The Home Agent gave talks on Gardening to all clubs, 6 P-T.A. groups in the county, two nutrition classes, and two Garden clubs. When the Agricultural Board put on the Victory Garden Program and Nutrition Program, the Home Agent and Home Demonstration club members helped in every way possible. The community and neighborhood chairmen in the two communities sponsored by the Home Agent, carried information and literature to their neighbors. In March the production of "Meat, Poultry, and Dairy Products was taken up in each club. The project leaders gave a number of these demonstrations, and the Agent gave others. All families made a special effort to grow or raise more of each food product this year.

Reports from 118 adult members show:

20 used suggestions in making butter.
21 used suggestions in making yellow cheese
19 used suggestions for keeping cheese
1031 different vegetables planted in spring gardens
337 vegetables planted in fall gardens
90 families raise own hogs
100 families raise poultry
26 families raise beef for own use
17 families raise cane for molasses
16 have bees and make honey
5 make maple sirup, these have a total of 90 gallons
sirup and 26 pounds sugar.
4878 lbs. of cabbage have been stored for winter
2466 bushels of potatoes
22 families make their own vinegar

(2) Conservation of Foods

A report of the County Canning Leaders' Conference has been given V. A, page 11. As a result of this demonstration the H. D. clubs decided to have a canning demonstration in each club. All clubs except three had taken up this subject in past years, but many have expressed appreciation for information gained at the 1942 canning meetings. In addition to the club meetings, the members have given a large number of individual demonstrations to their neighbors and friends. The neighborhood chairmen have carried information to their neighborhoods and more people have canned this year than ever before. If all members had reported, the amounts would be great; however, only 118 members have sent the agent the following figures:

3,301 quarts of tomatoes
12,002 quarts of fruits
10,510 quarts of vegetables
3,250 quarts of meats
3,682 quarts of sweets and pickles
238 bushels of onions

The potatoes and cabbage have been given in the produc-

tion, to show amount produced to store. Echoes of the talks on Gardening to the P-T. A. organizations and Garden clubs show that the town people have all tried to have gardens and can more this year.

(3) Nutrition

This subject has not been taken up as an extra program in the H. D. Clubs of Tazewell. However, it has been stressed in the clubs and neighborhoods through the production and conservation programs. In the clubs a talk on the nutritional value of vegetables in the diet was given along with the vegetable gardening program. The value of milk was stressed in connection with the Dairy Products Meeting. A demonstration on Whole Wheat Breads and Cereals was given to all the clubs, and a check was made to see how many stores in the county carry whole grain flour and cereals, as well as how many mills grind whole wheat, etc. In connection with the canning programs, nutrition was discussed again. Therefore, the club women have been exposed to much nutrition information even though the regular classes of ten lessons each have not been given. Reports show:

75 have improved in meal planning
68 have improved in preparation of foods
18 have helped with school lunches
101 use more whole grain breads and cereals.

Nutrition classes have been taught in five towns of Tazewell County. The Home Agent helped secure the teacher for one of these groups and taught a few of the lessons of each of three others. These classes have been well attended and much interest was shown. Twenty-four of the H. D. club members were able to attend the nutrition classes and complete the course. The county did not have a County Nutrition Committee until the middle of November. The Chairman which was appointed in 1941, helped the Agent secure the teacher for the Tazewell (town) Nutrition Class. That was all that was done until a new chairman was appointed. A meeting was held November 19 on the Share the Meat Campaign. Eight workers attended this meeting and heard the program explained. Since the campaign will be put on between November 30 and December 5, results cannot be reported here.

b. Clothing

(1) In connection with the County remodeling clinic a talk was given on the types of textiles still on the market, as well as the new materials being made. This information was carried to the members along with suggestions as to how to examine materials and ready-to-wear clothes when buying. Also the rules and regulations as to the amounts of cloth allowed for garments. Fifty-eight were helped in buying ready-to-wear, 46 in buying better cloth, and 37 in selection of patterns.

(2) Conservation

In May a demonstration was given in each club on the care of woolen clothes. Sweaters were washed, woolen dresses and skirts were cleaned, etc., and methods of storing these were discussed. There have been many more soft sweaters, and nicer woolens without a slick shine due to too hot an iron, and pressing on the right side of the garment. The idea of using an old piece of woolen cloth under the garment (with the right side down) was read to most of the women and this has made quite an impression. The conservation through remodeling will be given in (3), however, something should be said here about saving the yarn out of worn out sweater sleeves, the old felt hats, and all pieces of wool regardless of the size. The women have found a use for all of these.

(3) Construction

When the Fazewell H. D. program was made in 1941 the women wanted clothing construction. The program was changed therefore, with the exception of two clubs. The first real construction came with the Remodeling Clinics. The two clubs mentioned each had a demonstration on altering and laying a pattern, then cutting a dress.

The last County Leaders' Conference for the Club year was a clothing remodeling clinic. A report of this has been given in V. A. In October all of the H.D.Clubs held all-day Remodeling Clinics. The members brought their clothes to be remodeled, and the leaders helped

the Agent in every way possible. The leaders of one club took complete charge of the meeting. The members feel that the remodeling clinics have been the most help of all demonstrations this year. Due to these clinics, 272 garments have been remodeled. Fifty women report that they have learned to make more and buy less ready-made. Many have been heard to say, "I am prouder of my made over clothes than I would be of something new. I never dreamed I'd wear this a-gain, and look, it's just the right style."

c. House Furnishings

(1) Conservation

In the same demonstration on conservation of woollen clothes, the conservation of blankets and rugs was given. The clubs welcomed the method of washing rugs, and of washing and storing blankets, with much enthusiasm. Many rugs have had their "first bath" this year, after waiting between ten and twenty years. The women have been so surprised to find the beautiful bright colors waiting under the dust and dirt. Sixty-one have reported better care of blankets, and fifty-eight improved their spring and fall cleaning.

As a result of the House Furnishings program of 1941, the members have continued to repair and remodel. This year reports from members show that 33 women have repaired or refinished 101 pieces of furniture. Storage spaces for foods have been improved by 45 members, and 29 other storage spaces have been improved. One hundred twelve have used suggestions in selection of furniture, and 33 have selected better lights or lamps. Nineteen have remodeled their dwellings.

An all-day slip cover clinic was held in one new club, Twenty-eight attended this meeting, and all report having used the information. The Agent helped one member in another new club with slip covers.

(2) The Agent helped a member of one new club to make drap-

eries. Two neighbors came in to watch. This would be termed construction because they were made of new materials. At the same time suggestions were given about arranging furniture and pictures. No other construction of House Furnishings was taken up except making a medicine cabinet. This demonstration was a part of the November meeting; therefore, results will not be reported.

d. Home Management

(1) Household Equipment

Fifteen women have had new water systems installed; therefore, the equipment has been secured for these. The Agent has reason to believe that other equipment has been purchased even though no report has been made. Thirty-six families have improved their laundry methods as a result of demonstrations given last fall and in December. At the same time care of woolens was given, the care of household equipment, electrical appliances, etc. was discussed and the members have used the suggestions given.

(2) Kitchen Arrangements

The fifteen women, who had water systems installed, improved the arrangement of their kitchens and added a very definite step-saving piece of equipment. A number of women have cut extra windows to give more light where needed. One opened a beautiful old stone fireplace and has made a reading unit or resting unit in her kitchen. Others have painted walls and woodwork. All of this has been individual work because the clubs have not taken this subject.

(3) Storage

The storage was reported in VI, 1, c, (1) because it is a part of the conservation program on improving rather than building new storage spaces. As has been reported, 45 improved food storage spaces and 29 improved other storage.

(4) Home Accounts

This subject has not been taken up in the clubs for the past two years. However, several have expressed a desire to keep accounts, in 1943. Five women have reported to their club leaders that they have kept accounts and budgets. At the last meeting of the Home Demonstration Committee the ten who were present planned to keep accounts and to be demonstrators along this line for their clubs.

- (5) In 1941-42 there was only one Farm and Home Unit Demonstration in Tazewell County. The same one had been the demonstration in 1940-41. The State Home Management Specialist came to the county and went with the Home Agent to visit this demonstration. The State Specialist and T.V.A. Agent along with the Home Agent, decided to let this demonstrator carry on her work without the visits and advice of the agent, and to set up a new unit demonstration in Tazewell County. A woman who had kept a home account in 1940-41, and who is also a home demonstration member, was selected and asked if she would cooperate. The Specialist, T.V.A. worker, and Home Agent visited this new demonstrator and went over plans with her. The first improvement needed was in the kitchen, and this has been made. The Agent talks with this demonstrator at each meeting and sends her information when needed. It is believed that she will keep a much better account than the former unit demonstrator because the former one had to manage most of the farm as well as home. This was due to the illness of her husband. This demonstrator was the first one to give a report of work done at the District meeting held in Abingdon last spring. She prepared and gave her report without help. The report given by this unit demonstrator was almost entirely about the farm side, but brought in a few home improvements, such as installing water in the kitchen.

e. Markets

There is no organized market belonging to farm people

in the county. However, because of the many coal camps, and the short distance to the city of Bluefield, the farm people have a splendid individual marketing system, and they make quite a bit of their income in this way. A report of the sales of eggs, poultry, small fruits, etc. has not been collected, however, the women have sold 183 pounds of yellow cheese, made by suggestions received in club demonstrations.

2. Home Demonstration Club Activities

a. Federation Goal

The Federation Goal selected by the Clubs was Health, this having been mentioned in IV, A. The health chairmen of the clubs were considered leaders in the outline of this narrative report, therefore, their work has been reported under V, A. also. Therefore, the work done this year will not be repeated here, however, it has stimulated interest in the continuation of Health as a County Campaign in 1943. Goals have been set up and a part of the work on the 1943 campaign has been started at each reorganization meeting in November. The medicine cabinet, which is a small part of the campaign, has been mentioned in this report under VI, 1, c, (2).

b. Campaign

"Encourage Every Family to Have A Cow" was selected as the County Campaign. The people realize the importance of milk in the diet, and if families do not own a cow they often neglect to buy all the milk needed. This campaign was discussed in the December meeting, in March, and often throughout the year. Of the 118 reports received from members 93 have cows and 25 buy milk for their families; therefore, one hundred per cent of these families have and use milk. In addition to this work eighteen members donated milk to the schools for the hot lunch period. Through the survey made in some of the neighborhoods, the families seemed to realize that many of their neighbors did not have milk, therefore, they made an effort to help secure cows for families without them. Milk has been stressed as important

for adults as well as children. Often in the past adults have failed to realize that bodies have to be kept up, as well as built. The nutrition discussions have helped this county campaign more than any other program.

c. Other Special Activities

A report has been made of the Home Nursing classes sponsored by the Home Demonstration Clubs, and of the work done with a Welfare group, and with the P.T.A. organizations on Gardening, and on the clothes remodeling, etc. A report of the work done in connection with other organizations will be given in VI, E.

3. Account of Year's Work of Outstanding Club and Member

The Agent reports here the work of two clubs rather than a club and member. The first is a club and League, therefore, the second report is of the work of just a club. These reports are in the words of their secretaries:

"Report of Burkes Garden Community League and Home Demonstration Club"

"The Community League and Home Demonstration Club was reorganized in September, 1941 with 42 names on roll. We now have 51 names on roll. During the year we have held twelve meetings. We have met at the schoolhouse at the central and most accessible place. We have not made it a practice to serve refreshments at each meeting, but have had four social meetings during the year. This includes our annual Christmas Bazaar at which time members of Shawver's Mill and North Fazewell clubs and the Faculty of our school were invited to join us. Fifteen guests were present. In September we entertained the incoming Faculty of our school. Seventeen members and five guests were present at this meeting. The last of August our club entertained with a shower at the home of Mrs. Ira Boling in honor of Mrs. John Boling, a former teacher in our community. In October we held an all-day Remodeling Clothes Clinic which proved very interesting and instructive to the thirteen members present. We have had twelve very helpful demonstrations this year. The most beneficial, according to some members, was the

remodeling clinic. Others mentioned the demonstration on the uses of Whole Wheat Flour and Sugarless Recipes, the Care of Woolens and Clothing, Chair Bottoming and Canning Demonstrations. Our Leaders gave four of these demonstrations.

"Our members did not answer the roll call with the number of times they have carried information, but all members feel that they have been responsible for sharing much of the helpful information gleaned from these demonstrations. We would make a conservative estimate of 500 times in which information has been carried.

"We were not able to secure the services of a teacher for a Home Nursing class in our Community though we had 23 people registered for this course. We hope, however, to have a class in First Aid sometime during the coming year.

"Our club has sponsored a number of community projects this year. Among them being: 1. Aid in financing the Library in our school. 2. Teacher of Week-day Religious Education in our school. 3. Sponsored Red Cross work, Campaign for Cancer Control, Red Cross Sewing and War Relief Campaign. 4. Helped in Bond Sale Rally and Scrap Collecting. 5. Helped Home Economics Department in serving school lunches.

"We had a very interesting program with Mrs. Bland Leslie as speaker, using as her topic "Meeting the Present Emergency."

"We have sponsored an interesting and instructive Gardening Project this year.

"We have paid our annual dues to the State Federation of Home Demonstration Clubs and our annual dues to National Congress Parent-Teachers Association.

"We feel we have had a very successful and profitable year."

The project reports show that 4 members have made 270 pounds of cheese and sold 65 pounds. One hundred eighty-eight vegetables have been planted in the spring gardens and 63 in the fall gardens. Twenty-nine raise their own hogs and chickens and 6 raise beef for family use. Seventeen members use whole

wheat breads and cereals. Eighteen have used canning information, and the members have canned 345 quarts of tomatoes, 2603 quarts of fruits, 1896 quarts of vegetables, 887 quarts of meats, and 744 quarts of sweets. The members have stored 374 bushels of potatoes, 17 bushels of onions, and 1053 pounds of cabbage. Two members made molasses, 4 have bees and honey, 1 made 50 gallons of maple sirup and 25 pounds of maple sugar, and 6 members make their own vinegar. Nine members improved their meal planning, and 8 improved the preparation of the foods. Twelve families used suggestions in preventing diseases, etc. In the clothing ~~12 women used suggestions in buying clothes, textiles, and patterns.~~ As a result of the remodeling clinic 7 members have remodeled 22 garments. Eleven storage spaces have been improved, 6 have obtained electricity, and 2 have installed water systems. Eighty-six other pieces of work have been done in connection with house furnishings and home management.

The Thompson Valley Home Demonstration Report for 1942

"The Thompson Valley Club was reorganized in November, 1941 with 22 members on roll. We have had 12 meetings with the average attendance of 15 members, and 23 visitors throughout the year. Our club has enjoyed their yearbooks, and have paid for the 1943 book in advance.

"Our club has had two socials which have been lots of fun. In December we had a social and exchanged gifts which had been made by the members. Games, Christmas suggestions, and refreshments made this a most enjoyable meeting. In August we had a picnic, and a social committee planned several games which had never been played in our community. Our Home Agent helped the Committee plan, but did not get to the social. We had one all-day meeting on remodeling clothes, which has meant a whole lot to our club. During the year we have answered the roll call with the number of times we have carried information on demonstrations to people outside of the club, and the total number is 126 times, although we forgot it sometimes.

"We have tried to remember our members with gifts, get-well cards, and sympathy cards all through the year, and we bought one gift for a member who married during the year.

"We have paid our dues to the State Federation of Home Demonstration Clubs. We have also paid the expenses of our foods demonstrations, and at the end of the year we have \$12.84 to start the new year.

"In our January meeting Dr. Farley, our County Health Officer, gave a very helpful talk on Health-work in the County, and how we can help ourselves and others. Our club sponsored a Home Nursing class in the community with 22 enrolled. Twelve of these received certificates. All were not club members, but a large number were. We did not have a nutrition class but we did have 4 demonstrations on Nutrition in our club this year.

"We had Miss Sylvia Slocum, District Agent from Richmond, with us in one meeting, and she gave us a real interesting talk on work in her part of the state and on the things all of us have to do to win the war.

"Our leaders gave 4 demonstrations when our Agent was not with us. These were enjoyed by all. We are glad our leaders could attend all leaders' conferences and bring this information to us. We are glad, too, that our Agent could reach other clubs because we took care of our own these four times.

"We opened all our meetings with the Creed and closed them with the pledge and salute to the flag. The figures on the project reports of our members are attached to this report."

- Signed - Dorothy Mustard Necessary

The project figures follow:

10 used suggestions in making butter and cheese
7 members made 128 pounds of cheese and sold 107 pounds.
155 vegetables planted in spring garden
18 members had fall gardens
12 members raise hogs, 12 poultry, and 5 beef
12 members have cows
10 use whole wheat breads and cereals
13 members used suggestions for canning
436 quarts of tomatoes were canned, 1334 quarts of fruits, 1112

- quarts of vegetables, 509 quarts of meats, and 431 quarts of sweets.
- 640 bushels of potatoes, 102 bushels of onions, and 225 pounds of cabbage were stored
- 2 raise cane for molasses, 2 have honey, and 3 made 50 gallons of vinegar
- 17 improved meals and food preparation
- 17 followed suggestions in preventing colds.
- 11 have used clothing buying suggestions
- 4 members have remodeled 16 garments
- 11 storage spaces have been improved
- 3 families have secured electricity
- 59 improvements have been made in house furnishings due to 1941 program.

B. Agricultural Board

The Agricultural Board sponsored the Victory Garden Program, the Nutrition program, and Stamps, Bonds, and Inflation. This work has been reported in IV, B, and the part the Home Agent has played has been given in IV, C. However, an account of the Community meetings has not been given. After the County Agricultural Board organization meeting, in which the Home Agent acted as Chairman, the Agent with the help of the Community Chairmen, held meetings in both of her communities. She gave the neighborhood committeemen present at each literature and instructions, and mailed detailed instructions to the absent committeemen. After the second meeting of the Board, the Home Agent did the same thing for her communities. She invited the vice-president of the Board to the County H.D. Committee meeting. The Home Agent has helped notify members of all county meetings and community meetings. She has explained the Community and neighborhood plan in each of the home demonstration clubs and has tried to help as many people as possible understand the plans of the organization. Each month the Home Agent has secured garden letters from the state office and mailed copies to each of the neighborhood chairmen, in the two communities which she sponsored. The Agent sent copies of the garden letters to representatives of all agencies working in the county.

C. 4-H Clubs

1. Project Work

a. Personal

The 4-H Club members had clothing as their personal project work in 1942. One hundred fifty-one girls completed this project, and others made several of the requirements. In order to complete the project the girls were to make two garments and keep their notebook with personal accounts, etc. Of the 256 girls who enrolled, all made at least one garment and kept their notebooks for at least six months. However, all can not be counted as completed because only 151 carried their work throughout the year. At least 75 of this number made 3 garments and a towel in addition to their notebooks and other club activities. Reports show:

151 kept personal accounts and notebooks
149 improved personal cleanliness
130 improved in selection of shoes
135 improved food habits
106 made dish towels, costing \$5.17, saving \$13.16
75 made dresses, costing \$58.83, valued at \$158.06
94 made slips costing \$33.47, valued at \$91.08
44 made aprons costing \$2.52, valued at \$11.70
213 garments made costing \$94.82, valued at \$260.84
Total estimated savings due to clothing program - \$166.02.

The second and third year club girls helped with the canning at home and with the meals. A few girls helped improve their rooms. The reports of the 151 show:

32 planned and served meals alone
395 quarts were canned by 4-H girls alone, and they helped can:
2235 quarts of tomatoes, valued at \$223.50
6355 quarts of other vegetables, valued at \$953.25
6402 quarts of fruits, valued at \$1280.40
281 quarts other, valued at \$56.20
15273 Total quarts helped with, valued at \$2513.35
4 slip covers were made, saving \$23.50
2 windows improved, saving \$3.98

The girls have enjoyed their clothing project so much they want to take it again in 1943. Club exhibits of project work

were held, and a county exhibit. The winning exhibit in the county was sent to the State contest. Accounts of the club exhibits will be given under VI, C, 3, Recreation.

b. Family Project

The 4-H girls have carried two family projects this year. All girls report that they have taken care of their own rooms, cleaned, picked up their clothes, etc., and helped clean the whole house every week. They have been quite proud of this work, and it has made a definite improvement in their personal appearance every day. In addition to this the girls have assumed the responsibility of washing dishes, carrying water, fuel, etc. An account of the cooperation with the family on the canning program has been given.

The second family project was done in connection with the Victory Garden Program. The girls helped with the gardening at home more this year than ever before. They were more interested in learning about gardening from the club programs, and put a lot of this information to real use. On their reports 115 girls say they assisted with garden work. Sixty-one girls say their families have fall gardens, and they have helped with these. One hundred ten families of 4-H members have leafy vegetables throughout the year, and 142 families have stored vegetables for the winter. The girls estimate the number of acres in their gardens as 39. In addition to this 135 girls have planted flowers, 72 have cleaned grounds around the home, and 33 have assisted in getting their homes completely screened.

c. Club and Community

All of the members have served on club programs this year. Each club had programs every three months. The first program was on "What 4-H Girls Can Do To Help Win the War." In this program the activities of other organizations were discussed and ways of cooperating planned. In one club of girls, 10 to 13 years old, the members gave a play which they had "made up" by themselves. They were "ladies from

different organizations and some from different towns." They talked about what was being done for defense and what could be done. Finally one little "10 year old lady" said, "Why, we are even being more careful with our brooms, and we are using them down to the very last straw."

In another program the Victory Garden was studied at great length, and the members took a very active part. Results of this program have been reported.

A third program was a review of Foods for Defense, and a Salvaging program. The girls have helped in every way possible with collecting paper, metals, fats, and rubber, and they have also tried to build up their own bodies by eating the right foods. One hundred thirty-five report having improved their food habits. The girls have been taking an active part in their community life, and have helped with church and school activities. Their club exhibits would be termed a community project, and will be reported in VI, C, 3, a.

2. Health

In connection with Health the 4-H members have checked the Food Habit Guide sheet, and have tried to eat more vegetables. They have been much more conscious of their diets, exercise, and sleep than ever before. In a number of the club meetings, when members least expected it, the Agent checked their posture. This helped keep correct posture before the girls and many definite improvements have been made. The number of girls reporting these improvements is 136.

3. Community Activities of the Club

a. Recreation

The 4-H members decided to hold club exhibits of project work and invite their mothers, members of the home demonstration clubs, and the P.T.A. organizations. Most of these exhibits were held in August, and others were put off until September. The girls worked hard to make the exhibits at-

tractive. All articles made by the members and their notebooks were shown. The exhibits were judged by the members, before their guests. This taught the girls values, also gave them a chance to see why their garments were or were not the best. It helped the mothers to see what points and practices had been stressed in the project work, and many mothers expressed appreciation for the helpful hints they had received from their daughters.

Ribbons were awarded in these exhibits and the members did not expect more because no organization had offered to sponsor the club work. The Agent presented the ribbons. Then the nicest surprise came the first of November, when the banks decided to give the Agent enough money to buy a 25¢ defense stamp for each girl who had won a blue ribbon, a 10¢ stamp for each red and white ribbon, and a 4-H club gold filled pin for the 38 girls who had attended all meetings during the year. These prizes, with the exception of the pins which have not come to the Agent's office yet, have been awarded the members in the November meetings. They have inspired the girls to try harder in 1943.

In these exhibit meetings, after judging the projects, etc., the Agent has conducted games for a long social hour. She awarded prizes for line games, and for individual winners. All of the members and guests have had a good time at each party. They have asked for more meetings with social hours.

One club entertained their mothers at a party in May, and another gave a program for the P.T.A. in their community. Both of these social meetings were most successful. At each of these the club planned their committees, invitations, reception, entertainment, and refreshment committees. The refreshments were fruits, or pop corn, or cookies made with honey and rhubarb juice. This taught cooperation with the defense program and Rationing Board.

The socials this year have been different from the picnics and parties held in the past, and have created much interest in the 4-H Club work.

b. Camp

The 4-H members planned in 1941 to have a camp in 1942. A motion was passed in the Council Meeting to require all members who plan to go to camp to file their 1941 Project Reports in the Agent's office. The members were also required to take an active part in the 1942 club work. It was, and is, felt that if members work for the privilege of going to camp, they will get more real value from the trip. Then in 1942 when everybody tried to conserve tires, and everybody did everything possible to help the defense councils, the 4-H clubs decided to wait until after the war to have their camp. This has been a great disappointment to many, but the members are still willing to work for the camp which may be held in the future.

c. Others

The salvaging has been mentioned, but it might be said again that all club members did their part in collecting all scrap.

4. Account of Work of One Club

At the October meeting each 4-H club in the county handed to the Agent a report of the work of the club for 1942. To each report was attached the individual reports of members. All clubs were urged to get the individual reports of all the members in order that the total figures would be the best possible.

The Tannersville 4-H club, which is in a very rural section, with very limited opportunities for the girls, follows. It might be added that the president of this club walked four miles to every summer meeting and that others walked over two miles. The report is given in the words of the secretary:

"The Tannersville 4-H club started out with fifteen members. The officers were elected and served for the whole year. The members took clothing as their project. Every three months we had programs, these were on "Defense Work We Could Do", "Victory Gardens", and "Salvaging." The club members kept a

notebook which told what we did at each meeting. In this book we had our Personal Accounts and Health Charts. The members made three projects which were judged in the August meeting. We invited the Home Demonstration members to meet with us in August to see our projects and to have a social. After the projects were judged our Agent took charge of several good games, and the ten women who attended enjoyed them as much as the 4-H members. After the games the members served fruits to their guests, and the ribbons for the projects and the prizes for the games were given out.

The two who received the most prizes sent their projects to the county to be judged with the other club winners. Our president won first place and her exhibit was sent to the state. She will get a county medal.

We have had 13 meetings this year and have started each one with our pledge. We have learned new songs, and also how to hold our meetings in good order. Thirteen members turned in their reports. They are pinned to this report. They show that we have helped can and take care of our gardens, as well as sew. We have helped with 1137 quarts.

Tannersville had a fine 4-H Club this year and we have enjoyed working with our Agent. We hope to have a good club every year."

The project reports show:

- 11 have kept personal accounts
- 13 have kept notebooks
- 11 have improved cleanliness and food habits
- 6 have improved posture.
- 10 have helped with gardens and have fall gardens and vegetables stored
- 9 helped beautify the home grounds
- 11 made dish towels of bags costing .33¢, saving \$1.10
- 1137 quarts have been canned
- 6 dresses made costing \$3.77, valued at \$11.31
- 9 undergarments costing \$2.25, valued at \$7.75
- \$14.04 is total savings due to clothings.

D. Older Youth

The Shawver Mill Club is the only Rural Youth group in Tazewell County. Even though they tried to secure a leader for the year, they were not successful. This club is made up of 6 boys and 9 girls. In 1941 all the regular meetings were program meetings; therefore, the girls had to hold extra project meetings in the summer. When the club was reorganized in November both the Farm and Home Agents insisted on having subject matter or project meetings two months, and a program meeting the third month throughout the year. This would make four program meetings and eight project meetings. The program as planned for the girls was:

December - Christmas Suggestions
January - Program on Defense Work
February - Tufting and Waffle Weave Mats
March - Continuation of February program and Review of Household Hints learned in 1941
April - Program on Gardens and Nutrition
May - Personality Test
June - Canning Suggestions
July - Program on Manners for All Occasions
August - Arranging Flowers
September - Making Rugs
October - Program on Results of the Year's Work

The boys and girls met for the business hour, and after that each month they would divide for the project work. The boys worked on Crop and Livestock projects. All of the subjects were interesting and instructive. The members feel that it has been as good a year as possible with the present situation, or war conditions. During the year three boys have gone to the army and 2 others will be called before January 1943. Two girls secured jobs away from home, and the 3 who have taught school for the past year have not been able to attend the meetings as regularly as usual because of the tire rationing. However, all regular meetings have been held during the year, and five social meetings have helped keep the members together, last Christmas, in the summer, and fall. These socials were in the form of parties, picnics, and dinners.

The project work of 1941, which was House Furnishings, was continued, and the girls assumed the responsibility of preparing meals and helping with the canning when they were at home. Three members went to summer school. Some of the girls did some work on a clothing project. Their activities were so varied that when added up the figures on each project seem small, while the total improvements on all projects is eighty-five. The project report of one member follows:

Kathleen Leffel, age 19, in club 10 years and is now a teacher in Tazewell County. In addition to being a five-pointed and improving personal habits and food habits, she has helped get the house completely screened, the water tested, and grounds clean. She has helped with household buying, has planned and served 12 meals alone, learned to like 3 new foods, and helped her mother can 165 quarts of fruits and vegetables. Kathleen has helped with a poultry project and has used many suggestions secured from the County Agents through the years of her club work. She helped with the gardening work and has stored vegetables for the whole year, also planted flowers. As a result of the House Furnishings program and the demonstrations on mats, rugs, etc. given this year, Kathleen has:

Renovated, refinished, and slip-covered 8 pieces, costing \$30 and saving \$15.00
Improved 2 windows costing \$2 saving \$2
Refinished walls in 2 rooms costing \$4.98 and saving \$2
Made 4 small articles, accessories, etc. costing .50¢ saving \$2
Bought 3 readymade articles, saving \$2
Making a total of 19 articles, costing \$42.48 and saving \$23.00
Improved 2 bedrooms, 1 living room, 1 kitchen and porch, and 1 clothes closet. Completely remodeled her own room
In Clothing Kathleen made 4 dresses, 1 undergarment, 1 turban, mended 15 garments, and remodeled 4, making a total of 25 articles, costing \$4.75, valued at \$14.60.

In August the Rural Youth Club was in charge of several very good booths at the County Fair and members stayed in the booths all the time. Other members exhibited poultry and livestock. The Farm Agent will report prizes won on the livestock. The club made \$25

in Stamps on the best booth.

E. Other Work Done by Home Demonstration Agent

1. County Home Economics Workers

The Agent attended the county teachers' meetings each year to meet the teachers and to hear their program. Each year she is asked to make a talk to the teachers about the extension work. The home economics teachers, in schools where 4-H clubs have been organized, and the Agent discussed programs and made plans so that their work would not conflict. The Agent has given the teachers bulletins and other literature, which they have used in their classes. The teachers belong to the County Professional Workers' Council, and a better understanding has been gained through this organization.

The Farm Security Home Supervisor and the Agent cooperate in every way possible. The FSA H.M. Supervisor helped the Home Agent with her two communities and the Home Agent in turn helped the Home Supervisor. The Home Agent was asked to give a talk on Gardening to a group of Farm Security families, who gathered for a County meeting. About 80 people attended this all-day meeting. The Farm Security Home Supervisor and the Home Agent exchange materials and addresses of places from which materials may be secured. The Home Agent has invited the FSA H.M. Supervisor and the Home Economics teachers, the Welfare workers, and all home economics workers to all leaders' conferences and planning meetings.

2. County Nutrition Committee

There has been no nutrition committee in Tazewell County. The former Home Economics teacher was asked to serve as chairman, a committee was never formed. The Chairman, the Farm Security Home Supervisor, and the Home Agent met and secured the services of a representative of the Appalachian Electric Power Company to teach a nutrition class in the town of Tazewell. This was a very good nutrition class. The Home Agent was asked to give one lesson of a Nutrition class sponsored by the Pocahontas Business

Women, also a talk or demonstration to the Bluefield Junior Business Women. The Home Agent taught three lessons to a Nutrition class in Boissevain. All of these places had no extension work. Since teaching these classes, the Boissevain women have asked for a club. The Agent organized the club in April, and it has been going strong since that time. The Home Agent helped organize a Nutrition Class at Jewell Ridge, helped secure a teacher and furnished the teacher with all the literature for the class. She also sent copies of literature to the Chairmen of Civilian Defense in Richlands, made a talk on Nutrition and Gardening to the Richlands P.T.A., and discussed materials with the Home Economics teacher who taught the Richlands Nutrition class. The Home Demonstration clubs have all had demonstrations in Nutrition but only 8 members have had the complete course. As was stated in the beginning of this paragraph, this was done without a nutrition committee. In November a new chairman was appointed. On November 19 a meeting of the Professional Council was held to discuss Nutrition and the "Share the Meat Program." The Professional workers were asked to contact their communities, etc. Perhaps a Nutrition committee will be formed in Tazewell County in 1943.

3. Office of Civilian Defense

The Agent has been asked to attend conferences with the Civilian Defense Council, and has cooperated in every way possible. She has been able to help by contacting key people in each neighborhood, and by explaining plans and giving information to all of her groups. The chairman of the Defense Council was very interested in the County Map and the plan for Community and Neighborhood set up, with ways of reaching more people.

4. Salvage Committee

The Agent has explained to all the clubs the plans for salvaging scrap iron, rubber, fats, paper, etc., and has urged all clubs to cooperate in gathering up all scrap materials. This has been done by all members.

5. Rationing Board

When the Rationing Board started rationing sugar they asked the Home Agent to meet with them. They wanted some idea of the amount of sugar required for each member of the family. The Agent gave the Board a copy of the suggestions of the State Foods Specialists on the amount of fruits, etc. that each person should eat, or which should be canned for each person. The Board based its amounts on these suggestions. Of course, the people of the county "raised cane" when they heard of the amounts the counties without Agents were getting, but the Board did not change its plans, and most of the people have found that they have been allowed plenty of sugar. The Agent has had to do some "tall explaining" in the communities bordering other counties, which allowed more sugar per person.

The Rationing Board also advised with the agent about the kerosene allowance. The Agent asked a number of people in the county to check amounts needed.

Whenever the Agent hears people talking about Rationing, and asking questions, she tries to explain or to answer the questions. Therefore, the Board has kept the Agent posted on all changes.

6. War Bond Committee

The Home Agent has attended two meetings of the War Bond Committee, has helped explain the campaign to the community and neighborhood chairmen, and has talked to all her clubs about Stamps and Bonds. In March the Agent gave a brief talk in each of her 4-H and H.D. Clubs and again in November. She has tried to carry messages from the War Board Committee to as many people as possible. The Agent has had conferences with the chairman of sales of Stamps and Bonds in all women's organizations in the county. The Board knows the Home Agent will cooperate.

7. School Lunches

The County School Lunch Supervisor attended as many of the H.D.

meetings as possible in her home community. She came to the Home Agent's office for information on Nutrition, and since she was not a home economics graduate, she felt the need of advice about planning menus for the different lunch rooms. Therefore, often the Agent checked the menus the Supervisor had planned for a week, etc. As the Agent traveled around the county she visited the lunch rooms in a number of communities and often ate with some of the local supervisors. The County Supervisor asked the Agent for information on Gardening, and every month the Agent mailed to her 15 copies of the Garden letter. These letters were given each of her local supervisors, and the lunch room gardens this year have been an outstanding success.

In 3 of the home demonstration clubs the Agent has encouraged the women to can for the lunch project, and to donate milk, potatoes, etc., as often as possible. One club canned over 100 quarts for the school lunch in their community.

8. Red Cross

Two of the Home Demonstration clubs have sewed for the Red Cross. The Agent has helped get the materials to the women and back to the Red Cross center. In two clubs the Agent has taught knitting in preparation for the Red Cross work. The Agent has acted as "messenger boy" for the Red Cross work in a number of instances. In addition to this cooperation with the county organization, the Agent attended Nurses' Aide classes at night, trained to help in emergencies in hospitals, and took the First Aid course. She has 100 hours of training, all of which were taken at night and on Sundays. Sunday was the only time she had to work in the hospital, and 45 hours of training had to be taken in a hospital. The Agent has urged all communities to take Home Nursing Classes offered by the Red Cross, and to cooperate in every way with all the activities of this organization.

9. Mattress Program

The last month of the Fazewell Mattress program was December, 1941. During that month 107 mattresses were made. On December 31 when the mattress center closed, 1079 mattresses had been made in Fazewell County. The Agent supervised getting all materials for the center, trained the supervisor of the mattress center, and checked with her often. Each week she selected the families to be notified and sent out the notices. The secretary of the County Agent helped send the notices and kept account of all the finances. The FSA H.M. Supervisor helped train workers at the first of the program. The mattress program is one of the best programs ever carried through in Fazewell and over 600 low-income families were benefitted by this work.

10. Others

The A.A.A. and War Board were in charge of helping the farmers fill in their applications for trucks, in order that they may get gas and parts. The Home Agent worked one full day, helping with this work and secured a helper for each of the other two days.

The Agent has had a number of conferences with the Welfare Workers, at their request, and has worked and plans to help their families. In communities where there are H.D. clubs the women of the families on the Welfare program have been invited to the meetings, and several have attended. Others have been contacted individually by the members and agent. As has been reported before, the Agent is helping train one Welfare worker to give demonstrations to a group she has organized. This worker plans to organize another group and has asked the agent to help with information, etc.

VII. APPRAISAL OF MOST SIGNIFICANT CONTRIBUTION TO THE COUNTY OF HD PROGRAM

No one contribution has been the most significant, but all programs have

worked together for the good of the whole. The Gardening, Meat, Poultry, Dairying, Whole Grain Breads, Canning, etc., have all made up the "Foods for Defense" program which has been carried on throughout the year. People all over the county have more food stored for the winter than ever before. The conservation of household equipment, electrical appliances, housing, and remodeling of clothes have been most worthwhile programs and have helped people to use many discarded articles. Most of all they are learning to be happy while using them. The Bonds and Stamps, Anti-inflation, and Rationing programs have made the people more aware of real values, and therefore, have taught economy as well as sharing. More and more members are realizing that "with privileges come responsibilities," and they are more willing to assume the responsibilities. The year has been a hard one for both the 4-H and H. D. clubs, but in spite of the rationing and of added duties, due to little or no help for farm people, the clubs have carried on. There have been many changes due to the war, and there will be many more, but the members realize this fact and are ready to adjust when and where needed. The hardest task, and the one with disheartening results for the Agent, has been getting reports. It has always been hard but this year, in spite of the many things she did to make reporting easy, fewer turned in their reports. All figures in this report have been taken from the reports of clubs and members and since not quite two-thirds of the 4-H members reported, and not even half of the women reported the work they had done as a result of demonstrations, the figures in this report are small. However, one encouraging fact for the Home Agent remains, namely: With the interest and the welfare of the people at heart, regardless of the size of the figures on paper for the world to see, regardless of the few reports, the Agent knows what has been done in all of the communities and the real value of the program to the people. So long as the people have been helped, and can continue to help themselves because of lessons learned, everything is all right, and spirit, faith, and hope will carry Tazewell County through to a better year.