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**Annual Narrative Report
Home Demonstration Work
Prince Edward County
Virginia
1942
Agnes Mason
County Home Demonstration Agent**

HOME DEM AGENT ANNUAL REPORT

December 1, 1941 _____ November 30, 1942

**REPORT FILES
EXTENSION WORK**

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III. Scope of Work

A. Home Demonstration Clubs

No. 11 Membership 175

B. 4-H Clubs

No. 8 Membership 114

C. Number reached through special classes taught by agent 75.

D. Number families reached through neighborhood and community leaders 1386.

E. Estimate total number of families reached 1386.
Number farm families in county 2200.

IV. Organization

A. County Home Demonstration Committee

During January of this year the County Homemaking Board was replaced by the Home Section of the County Board of Agriculture. The Home Demonstration Committee in the past worked through this organization, however, separate meetings were held. On the Home Demonstration Committee, fourteen club members serve, eleven are club presidents, one county nutrition chairman, another Federation Goal chairman, and County Campaign chairman.

The chief function is to plan and sponsor the extension program in the county. Three meetings were held with an attendance of thirty-eight. One of these meetings was necessary to revise a program concentrated on clothing to a special war-time program.

County Federation goal and campaign for the home demonstration clubs are planned by committees appointed by president.

A community rest room is sponsored by this committee, with selection of matron made by a special committee and the club presidents. This room is located in the County Court House building and is the only one in the town. During the year, nine thousand four hundred and seventy-one visitors were received, eight hundred and fifty-nine children cared for, forty-seven out-of-state visitors, and two hundred thirty-nine people were loaned books. The Readers Digest magazine was contributed by Home Demonstration Committee.

Materials for leaders' training meetings and other special events are supplied from money contributed by home demonstration clubs. Twenty-nine dollars and ninety-four cents was in treasury from 1941. Amount received in 1942 - fifteen dollars, making a total of forty-four dollars and ninety-four cents. The expenses were twenty-four dollars and thirty-two cents, leaving a total of twenty dollars and sixty-two cents.

Canning for the county hospital was also sponsored by this committee.

B. County Agricultural Board

The lead in organizing a County Board of Agriculture was taken by the Extension Service, with all agencies working together as a means of reaching more rural families. Several meetings of professional workers were necessary in working out the six community borders, and in selecting men and women chairmen. Two and, in some instances, three workers were assigned to two communities to contact the suggested chairmen in regard to serving. Four of these were visited by the home agent and Welfare Supervisor, with all accepting. Other workers had similar experience as all chairmen selected accepted. Following this, a county meeting of all these chairmen and professional workers was held at which time plans for the county and community program was discussed.

The six communities with six women and six men chairmen divided into forty-eight neighborhoods, with forty-eight women leaders and forty-seven men. Negro assistants were selected, however, the Negro County Agent has recently set up a leader system of his own to coincide with the above named groups. An executive committee and medical care committee were elected.

Professional workers were available so that two or three were assigned to be responsible for work in two communities, this plan being used throughout the year.

Professional workers met with the community men and women chairmen to work out neighborhood leaders and needs of their respective groups. Community chairmen visited and secured the services of the neighborhood leaders. One of the community chairmen wrote the home agent the following: "The neighborhood leaders are very enthusiastic and readily accepted the position. Please send them something to do right away."

Programs receiving major emphasis included "Group Medical Plan", "Victory Gardens", "Collection of Scrap Materials", "Machinery Repair", "War Bond Pledges", "The President's Anti-Inflation Program", and "Food Preservation". These programs were presented in various ways, in most instances meetings of the County Board was held at which time the professional workers with the community chairmen decided on method best suited to reach neighborhood leaders and families. Eight meetings of the County Board were held. The first four were dominated by the Medical Care Program. However, this was overcome by a special committee being appointed to work with medical group. This program required a large number of community and neighborhood meetings also visitations, however, due to various reasons was not accepted. The other mentioned programs received similar attention, and results have been very satisfactory.

Neighborhood leaders that did not attend demonstrations

on food preservation were visited with instructions given and plans made for them to assist other families. Reports have been most gratifying in regard to increase of canning over the past year. Some families that have not canned before did so this year under direction of leaders.

The County Board of Agriculture in most communities and neighborhoods is well organized, however, there are still sections that need to be concentrated on. It is the most far reaching set up in the county, with some of the most capable men and women serving as leaders.

C. Professional Workers Council

There is a professional workers council organized which meets at the request of any member. Following agencies are represented: Farm Security, Health, Welfare Department, Production Credit, AAA, Soil Conservation, Emergency Crop and Seed Loan, Rural Electrification, Federal Land Bank, Vocational Agriculture, and Extension. Six meetings were held with fair attendance. Programs, such as Bond Pledge campaign, Scrap Drive, Medical Care, Anti-Inflation Program, Soybean Goals, and Soil Conservation program were discussed and acted upon.

The home agent has met with the women professional workers three times. One meeting was devoted to making plans for a county campaign "Greater Consumption of Milk", another "Nutrition", and "Food Preservation". Under the latter the home agent taught one nutrition class and assisted with one other and gave canning demonstrations in every community in the county. The third meeting was devoted to progress of work and future plans. An Adult Education teacher and one of the Home Economics teachers from Farmville State Teachers College also attend the professional women's meetings. The home agent has given assistance in training the farmer along various homemaking lines. She also works closely with the Health Nurse and Welfare Superintendent.

V. Leadership

A. Adult Work

In each of the eleven clubs, officers are similar to other organizations in that they have a president, vice-president, secretary-treasurer and two project leaders, making a total of fifty-five. Training was given these officers in club meetings, and by special home visits with duties outlined. This awakened them to the responsibility that had been given them. Leaflets on parliamentary procedure were given the presidents. Marked improvement was noticed among officers with presidents doing exceptionally well. These officers, not including project leaders, gave one hundred and thirteen days.

Ten training meetings were given the forty-four project leaders with an attendance of one hundred eighty-four. Twenty-two of these leaders served on garden and poultry work. Two hundred and thirty-one days were given by these leaders, and thirty-eight demonstrations.

The outstanding training meeting of the year was given by the Food and Nutrition specialist to sixty in a morning session on "Canning and Drying" and to thirty-four in the afternoon on "Conservation of Breads and Cereals". Each of the eleven home demonstration clubs were represented, two of the five 4-H club leaders and four of the six community women leaders on Board of Agriculture. The remaining being professional workers from the following agencies: Home Economics College, Farm Security, Public Welfare, Works Progress Administration, Lunch Room Supervisor, National Youth Administration, Resident Center Home Economist, and a few Junior and Senior Home Economics College girls. The leaders seemed most interested in both demonstrations.

Eleven Federation goal chairmen were appointed, along with a county committee composed of three. Thirty-three days were given to this work, details to be given under club activities.

Campaign chairmen were selected in each club, twenty-

Five days given to this work. Details will be reported under club activities.

Leaders in two clubs gave excellent help on "Restyling".

At one of the all day meetings one leader assumed responsibility for part of group, the second leader another group and the agent worked with a group on tailoring problems. It was amazing to see the results of finished garments. Some that looked impossible to begin with became the greatest success.

A three day coat school attended by fourteen, was conducted by the clothing specialist, with many problems. During this time three new coats, thirteen coats completely remade and suggestions for restyling one was given. Perhaps the coat receiving most interest was a black one that was remade. The material had been cleaned and pressed and was ready for cutting. The coat of beautiful quality had been given the owner and was too small through bust, which presented a major problem. After placing and replacing the pattern with the combination of velveteen, it was cut out. This coat was not completed at end of school, however, has been since, and was modeled at one of the Club Achievement Programs. The Agent wants to use this coat at other meetings to show results. The coat is very stylish and was made beautifully. Another member attending the school remarked, "It was the most valuable time I have spent, as details learned will prove invaluable in making suits and coats for my two daughters."

There are six community women leaders and forty-eight neighborhood leaders. They have given two hundred and five days in putting over the various programs.

B. 4-H Work

There are five 4-H project leaders, a number of these serve for both Junior and Senior Clubs.

Three leader training meetings were given with sixteen in attendance. One other was given with adult leaders.

Nine method meetings were given by these leaders and thirty-five days used for the 4-H program.

The agent feels more leaders are necessary to carry out club work to a greater advantage. One disadvantage is that the meetings are held during school time, at hours it is not convenient for homemakers to be away.

Each of the eight 4-H clubs have six club officers, namely, president, vice-president, secretary, treasurer, reporter and two song leaders. These officers were trained by the agent with outlines given each as to duty and responsibility.

The vice-president had charge of getting up a short program. This was included to get more members to participate in the meetings. One of the Junior clubs gave outstanding programs. Officers gave ninety-two days in conducting and fostering club work.

Two meetings of the County 4-H Council were held, one to make plans for year's work and the other to train officers and teach new songs. The Assistant Boys Club Agent and a 4-H Club Agent from a nearby county attended one, both giving excellent talks and suggestions.

VI. Results

A. Home Demonstration Clubs

1. Project Work

a. Food

(1) Production - Greater production of fruit and vegetables, meat, poultry and dairy products were emphasized in every community in the county. Not only did these programs reach home demonstration club members, but all families listed under Board of Agriculture.

Each club had a project leader for gardens and poultry work. These leaders were trained by state specialists, and in turn worked closely with club members and neighborhood leaders. It is evident

that more gardens were planted this year and a larger variety of vegetables grown than in the past. Assistance was also given on control of insects. The poultry leaders found members were interested in increasing flock, and in information on selection and feeding. Four special meetings were given in different sections of the county on this latter topic.

An increase in milk supply is reported under campaign.

(2) Conservation - "Drying and Canning" demonstrations were given in all communities in the county with excellent attendance. Community and neighborhood leaders were also trained at these meetings and at county leaders' training. As a result of these demonstrations, better canning practices were used with the following report from the one hundred and seventy-five club members: four thousand five hundred and sixty quarts of tomatoes, seven thousand six hundred and thirteen quarts of other vegetables, eleven thousand four hundred and eighty-seven quarts of fruit and juices, one thousand one hundred and fifty quarts of meat, and one thousand and sixty-seven quarts of other food canned and nine hundred and twenty-one pounds of fruit and vegetables dried. This is an increase in canning for club members of eight thousand eight hundred and eighty-two quarts over 1941 records. The agent feels that other families also increased their canning, the exact quantity is not available, however, reports from neighborhood leaders are "most encouraging."

The county agent attended ten home demonstration club meetings and talked on "Storage of Vegetables," giving illustrated charts on how to build pits, kilns, etc. Sixteen club members reported having improved their storage space for vegetables.

"Conservation of Breads", including the making of muffins, cookies, yeast bread, and cereal from whole wheat, was demonstrated at eleven club

meetings. Interesting reports have come from members on ways they introduced this product to their families. One mill in the county is now selling whole wheat flour as a result of so many requests from members. Enriched flour was also discussed and members encouraged to have miller put in the enriched mixture when carrying wheat to mill. Forty families are using whole wheat products in diet as result of demonstration. This does not include families that were previously using it.

(3) Nutrition - Daily food requirements, along with models for three meals per day, was discussed in all eleven clubs. Posters and charts placed in schools and stores. One hundred and forty-four members reported planning better balanced meals, as a result of information gained in meetings. "Vita Mingo", a game in checking on daily diet, was played in four clubs, with sets being purchased by members to use at home with family.

b. Clothing

(1) Consumer problems - The consumer pledge, "Buy Carefully, Use Wisely and Waste Nothing," was adopted as slogan. Planning the family wardrobe carefully is one way recommended to spend less and save more. An inventory of clothing on hand, materials needed to repair or restyle was discussed. Making of clothing was advocated as another way to save. Comparison in cost of bought garments with those made at home was interesting, also comparison in cost of cleaning garments at home with those sent to commercial places.

(2) Construction - Club members were intensely interested in construction of clothing, As throughout the entire county a need had been expressed for demonstrations along this line. As a follow-up on this work, five hundred and eighty dresses were made at a savings of eight hundred

eighty-nine dollars and ninety-nine cents. Eight hundred and twelve other garments were made, including suits at a savings of three hundred forty-nine dollars and thirteen cents.

A demonstration on dry cleaning of garments and laundering of sweaters was given in all communities, with two hundred thirty-one garments cleaned by members at a savings of one hundred and fifty dollars and ninety cents. One hundred and seventy-seven sweaters were laundered by recommended method, saving eighty-eight dollars and fifty cents.

"Waste Nothing" as a part of the consumer pledge was used in restyling work in all communities. All day meetings were held in some places with project leaders rendering outstanding help. As a result, one hundred and twenty-eight garments were restyled and a saving of one hundred seventy-three dollars and seventy-five cents.

Fourteen women participated in a three day coat school, conducted by the clothing specialist, with three new coats, thirteen coats completely ripped and cut to be remodeled and suggestions given for restyling one coat. All of these coats have been completed since the school and modeled at Achievement Club programs. These attending have already assisted other families, and the agent has asked that a record be kept on number assisted, and reported on next year records.

c. House Furnishings

(1) Household Equipment - A demonstration on conservation of household furnishings was given in all communities, with practical suggestions for cleaning and repairing of furniture, and reseating chairs and stools. This demonstration resulted in one hundred and thirty-four pieces of furniture being repaired, remodeled or refinished, seven pieces upholstered, forty-one pieces slip covered. The reseating of chairs and foot stools with "Simonite" is a carry-over from 1941 program, with one hundred and sixteen reseated this year. Leaders had been trained in the work and assumed responsibility of the above mentioned results.

Orders have come in during the last month for material to reseat one hundred and twenty more. This one demonstration has created a desire for three hundred and thirty-three chairs to be re-seated, not counting the one hundred and twenty to be done in 1943.

(2) Construction - A demonstration on making of bedside tables was given in 1941, and as a carry over, fifteen were made this year. Twelve families remade beds by cutting down head board.

d. Home Management

(1) Household Equipment - Information on care of electric appliances, such as stove, refrigerator, washing machine, iron and repair of electric cords was given in eleven meetings. Similar information was mimeographed and given to neighborhood leaders.

Six homes of home demonstration members were remodeled, eleven repaired and five painted this year. More work had been planned, but due to present conditions was postponed.

(2) Kitchen Arrangement - Request came to the agent for assistance in planning kitchen more conveniently in order to save steps. This was answered by discussions, illustrations and personal visits. Twenty-four women are now working under improved conditions.

(3) Storage - Fourteen women reported improving storage spaces. Those families improving storage for vegetables was reported under conservation of foods.

(4) Home Accounts - Twelve women were assisted with home accounts. Although a training meeting was not held, the agent gave special help to these people from time to time. For 1943 the agent plans to work with more families along this line.

(5) Home and Farm Unit Demonstrations - The family selected has four children, one girl and three boys, and live on a one hundred acre farm. Assistance was given the homemaker on home records,

and arrangement and care of furniture.

In working out a plan the family first wants to pay off debt on farm and home. In order to do this it was suggested that the variety of vegetables be increased, raise calf or beef for home consumption and improve bees to produce honey for home consumption and increase small fruit. This came as a result of checking on supplies purchased. All of the above have been improved to a small extent. This family also raises around two hundred and eighty chickens, selling cockerels, milk and cream are also sold.

Although outstanding results are not prevalent, they are working toward a goal, and with help and encouragement will make satisfactory strides.

2. Home Demonstration Club Activities

a. Federation Goal

Yard development under conservation was launched with an essay contest open to each home demonstration member. The topic "Advantages of yard development" was selected by the county committee, when goals for year were set up. The response to this essay was gratifying with a good per cent of members participating. The essays were numbered with names covered and each club judged papers from another club, which stimulated quite a bit of interest.

The County Home Demonstration Committee gave prizes in war stamps, amounting to seven dollars and twenty-five cents. This allowed a first prize for each club and three county prizes. Several winners remarked "that the stamps given was an incentive to complete book for bond, which would not have been purchased otherwise".

One club meeting was devoted to the goal with talks and plans made to carry out work. One member said, "Landscaping is an aid to nature in

beautifying the home and surrounding grounds. Grouping vines, shrubs and flowers are useful, for screening needful but objectionable objects. Beauty is a wonderful gift, a universal symbol of love, peace and contentment. So let us help Nature all we can." A club chairman said she believes that the plot of land which surrounds the home reflects one's personality. Wise and careful planning, keeping in mind the ideal of a beautiful, well kept yard, will make the home and grounds present a deeply satisfying and pleasing picture. Another chairman asked her club, "What brings unity, recreation, esthetic joy and pride of accomplishment to a family group and their friends more than the intelligent use of beauty and comfort supplied by a well developed yard?" Such a yard can be one of our contributions to America the Beautiful.

Some of the accomplishments due to this goal are: Five families established lawns that did not have one of any kind, thirty-five trees were planted, two hundred and twenty shrubs planted, seven families screened out buildings, thirty improved entrance, walks mail box and driveway, nineteen planted annual border for first time, with seventeen establishing perennial borders.

Three days of specialist time was given in visiting homes and working out plans. One half day of this time was spent at a rural high school, training boys to prune shrubbery. This has proven quite worth while as these boys are now doing the work at their homes.

During lunch hour of one of these leaders' meetings, an interested person in yard development invited the leaders to her home for lunch, followed by a visit to her garden. Twenty-eight were present, thus tying in the Federation goal and giving the leaders an opportunity to get better acquainted.

b. Campaign

"Greater Consumption of Milk" was the title of campaign for 1942. The program started with a

lay and professional representative meeting from the following agencies: Health, Public Welfare, Adult Education, Farm Security and Extension Service. Greater consumption and greater milk production were decided on as goals. The need for these was brought out by figures in examinations of pre-school children in Prince Edward County. Underweight and dental deficiency are prevalent which result from a lack of proper food, especially a lack of milk.

April was observed as "Milk Month" when all agencies stressed the program. Reports indicate that the milk production was increased, and fair results realized.

Discussions and suggestions were given as to serving milk dishes at home demonstration and 4-H meetings. Each club girl was urged to consume one quart each day, and club women one pint, approximately fifty-seven girls and seventy-five women reported carrying out this practice. This program reached many more families as each member was asked to work with two other families. The idea that "Better health and stronger bodies today are national and patriotic assets now that this nation is at war," was used.

In one school where milk was not available to a number of pupils, an exchange was worked out whereby children in homes without cows were furnished milk by class mates. It was supervised by teachers and worked very nicely.

C. Other Special Activities

The Home Demonstration Committee set as a goal to can seven hundred quarts for the Southside Hospital. Each of the eleven clubs participated in this project, and with the favorable season and the enthusiasm of members the donation amounted to eleven hundred quarts. One club contributed two hundred and eighty quarts, with the largest individual contribution being forty-eight quarts.

One of the clubs located near town mended garments and made sheets and aprons for this same hospital.

One club purchased a one hundred dollar bond. This money was raised by serving lunch to a district men's organization.

Eighteen club members assumed responsibility for the rationing of sugar in the county. Suggestions for canning and drying were given to interested persons. These county committees were set up as a request by the home agent in order to save rural people gas and wear on tires. One hundred and eight days was given for this work.

Fruit and cards are sent by two clubs when members are sick or bereaved.

Recreational meetings were enjoyed in all communities, some in the form of picnics, dinners and night socials. The outstanding one was a picnic attended by over seventy-five, which included home demonstration and 4-H club members and their families. Games and songs were enjoyed by the old and the young.

Achievement Programs were held in connection with regular club meetings. In two clubs all day meetings were held. The County Achievement Program was omitted this year due to restrictions in travel.

3. Report of Outstanding Work of Club

Darlington Heights Home Demonstration Club has been outstanding during 1942. Organized two years ago, has an active enrollment of twenty-two. They work together nicely and display a fine spirit of cooperation.

Officers have been outstanding, the president is also community chair woman on Board of Agriculture. Project leaders gave three demonstrations without assistance of agent. Project leaders attended three training meetings with poultry leader attending two, and garden leader one.

Six members attended the three day coat school reporting having gained invaluable information.

One special meeting was held on "Selection and Feeding of Poultry" by specialists, as a number of members and neighborhood leaders had requested special help.

This club along with the 4-H Club members enjoyed a picnic together with seventy-five attending.

State Federation dues and county dues were paid. Contributions of equipment for the school lunch room were donated. Fifty per cent of members sewed for the Red Cross. Two hundred and forty quarts of canned fruit and vegetables were donated to Southside Hospital.

The members made one hundred and eighty-nine dresses, three hundred and ninety other garments, restyled forty-two garments, cleaned seventy-one garments and laundered thirty-nine sweaters under clothing project. Under food preservation, two thousand eight hundred and eleven quarts of vegetables canned, four thousand three hundred ninety-six quarts fruit, two hundred eleven quarts meat, and fifty-two quarts dried fruit and vegetables. Five families using whole wheat flour that did not use it before demonstration was given.

The club is now working on a community club room, located in school building. This is central place, and due to limited amount of traveling will solve the answer to attendance problems, as most of members can walk to school.

B. Agricultural Boards

The major Agricultural Board is the County Board of Agriculture as described under organization. Programs the home agent has participated in are: "Group Medical Plan", "Victory Gardens", "Collection of Scrap Materials", "War Bond Pledges", "Anti-Inflation Program", and "Food Preservation". With the above mentioned the home agent has worked with the two communities assigned her in special meetings training chairmen and neighborhood leaders and by

personally visiting each of these leaders once and in some instances more. Besides the two communities assigned her, she worked in the other four on Victory Gardens, and Food Preservation. In these communities personal visits were made to give information and check on progress. All chairmen and leaders were invited to demonstrations on canning and drying of fruits and vegetables, and they in turn were asked to do likewise in their neighborhoods.

Information on all programs sponsored by the County Board were explained in detail at each of the home demonstration meetings. This was done by one of the chairmen or neighborhood leaders with the assistance of the agent. Of the forty-eight neighborhood leaders, twenty-one are club members, and four of the six community leaders are club members.

Training was given in two communities to thirty-eight chairmen and neighborhood leaders on "Share the Meat" Campaign.

C. 4-H Clubs

a. Personal

In planning for the personal project for 4-H Club girls, the members and leaders felt a need for information on food selection and preparation. This being the project for 1942.

Because good nutrition involves so many factors in addition to good selection and preparation, such as food habits and the psychology of nutrition, it really is a family project. The program started with food habits and it was gratifying to have reports from girls and parents indicating improvement of their attitude and their food habits.

An "Adequate Diet" received major emphasis with charts and guides given girls for club books. Following this, "Menu Planning" was introduced, with various types of breakfasts, lunches and dinners discussed. Each member was asked to bring to meetings three menus planned for each of the three

meals. These were discussed with good and bad points in planning brought out. After careful study of these plans, made by agent and leaders, the members were asked to prepare the menus planned at home and report on progress. One thousand one hundred and sixty-six meals were planned as served alone as a result of this program. Of the foods demonstrated and recipes given, two hundred and sixty-three foods were prepared at home.

Club girls learned to like sixty-six new foods that they had not eaten before.

The use of whole wheat products was demonstrated, with a number of families purchasing this type flour. A demonstration on canning of vegetables and drying of fruit and vegetables was given with members assisting in the canning of thirteen thousand nine hundred and six quarts, and nine hundred and seventeen quarts canned alone.

Eighty-six club books were complete with seventy-eight food habits scores kept, and sixty completed personal accounts.

Seventy-three girls assisted with vegetable garden work, reporting from eight to nineteen different kinds of vegetables grown. An increase in quantity as well as varieties was stressed with satisfactory results.

Twenty-eight girls felt a need in assisting with the poultry in their homes, raising three thousand and four hundred and sixty birds.

Under handicraft each club girl made one article and several members more, totaling one hundred and eighteen buttonieres made of wool, at a saving of thirteen dollars.

As a carry over from 1941, club girls made one hundred and thirty-four dresses, and fourteen undergarments, valued at five hundred fourteen dollars and five cents.

Of the one hundred and fourteen girls enrolled, seventy-eight successfully completed their

work as planned. Majority of members not completing are ten and eleven years old and in club for first time. With more assistance given these leaders, the agent feels this will decrease.

b. Family

Family projects are varied as the needs of the individual family are taken into consideration. The contribution by the ten and eleven year old members varied from the older members. Care of the bed rooms, making of beds, cleaning, dusting, etc., along with arranging of flowers for bed room and living room was assumed by majority. Others washed dishes after night meal with a few assuming responsibility of bringing in wood, water, gathering eggs and caring for smaller children.

Demonstration and illustration mimeographed sheets on dish washing procedure was given with a large number of girls reporting improved methods. Similar material was given members on other projects such as cleaning, etc.

Eighteen girls reported rooms were improved with twenty-four reporting change in arrangement of furniture. Storage space for clothes was improved in ten homes along with two other storage spaces improved.

c. Club or Community Project

Each club decided to use as community project visiting the sick, taking fruit, flowers or magazines. Reports were given by girls at monthly meetings on number visited. One club member injured by a fall was sent a card shower and fruit.

Girls took part on club programs one hundred and thirty-seven times. In the plan of work, the vice-president was made chairman of program committee and asked to have each member serve on a committee or take part on program. This plan worked very smoothly with the outstanding progress given by a Junior club. The vice-president in this group

appointed a month in advance a committee to get up program, thus getting all to participate and assume more responsibility thereby developing a greater leadership.

Training was given fifty members on judging breads and canning, twenty on giving demonstrations, and twenty on recreational leadership.

2. Health

Better health and better health habits was stressed at each of the eight 4-H Clubs with at least one program given in each club. Fifty-seven members reported being five pointers, according to school check. So many fall down on underweight and dental deficiencies. These two topics discussed frequently. Seventy-seven members reported being more conscious of personal cleanliness, seventy-two of work clothes and shoes, sixty-two of posture and eighty improving food habits. "Better Health through Better Nutrition" was used as a slogan.

3. Community Activities of the Club

(a) Recreation

More wholesome recreation was stressed in each group with ten minutes at club meetings devoted to some type of game or new songs. Contest used at meetings and "Question Bees" were taken home and tried on families.

Picnics were enjoyed by the clubs joining with the home demonstration clubs in most instances.

(b) Camps

The only camp available for club girls was the district camp at Holliday Lake. Nine girls and one leader attended the Junior camp, two girls and the agent attended Senior camp and two girls the wildlife camp.

(c) Other

Programs and discussions on "Mobilization

Week" were given with ten girls joining. More would have joined perhaps but the agent stressed the importance of only those willing to work and complete projects be encouraged.

4. Outstanding work of a 4-H Member

Outstanding work and progress was made by Virginia Dowler of the Worsham Junior Club. She has been a member for four years and during this time has been absent from only two club meetings.

She is an enthusiastic worker and leader in her group, and assists other members with club books and work.

During 1942 she was a five pointer, kept a clothing account, personal account, perfect food habits score, 4-H Club book, assisted with household buying and made and helped to carry out a canning plan, of one hundred and ninety-three quarts. She learned to like three new foods, planned and prepared her school lunches, prepared three foods demonstrated at home and nine meals. Seated one footstool, repaired two pieces of furniture, made six pot holders, three woolen buttonieres, and one dress. She also assumed responsibility of her room and brought in wood for heating and cooking. Her pride is in making "Goldenrod Eggs" and "Whole Wheat Cookies" as demonstrated at club meetings.

Virginia has served as secretary of her club and assisted in club programs, also attended district 4-H Camp. She is dependable and a splendid example for 4-H girls to follow.

E. Other Work Done by Home Demonstration Agent

1. County Home Economics Workers

Two meetings of these workers were attended by the home agent, with plan of work given by each in order to correlate programs. The other meeting was to explain the home economist position in the war effort. Services by the group were recorded and a copy sent to office of Civilian Defense.

Registration of ten of these workers was made by agent for Virginia Home Economics Association.

2. County Nutrition Committee

The agent has worked very closely with the professional and lay chairmen of nutrition committee. Two classes were taught reaching seventy-five people, five other classes have been taught by other workers and one class to Negroes.

Seventy-five food guides were put in County stores and other public places. Daily requirement guides were given to one hundred and seventy-five home demonstration club members and one hundred and fourteen 4-H Club girls.

There is a need for better nutrition practiced throughout the county in selection, preparation and consuming of essential foods in daily diet. All agencies working in the homes are conscious of these needs, and are working to bring about an awakening to essentials of proper feeding.

The agent assisted the Negro Home Economics teacher with her problems on food preservation.

3. Office of Civilian Defense.

Services offered by the agent were recorded in this office, also by personal visits. A series of lectures on "Incendiary Bombs" was attended, and two nutrition classes taught.

4. Salvage Committee

Collection of fat, iron, rubber and paper received major emphasis by paper articles, circular letters, talks and mimeographed directions to all sections of county. Two groups have a large collection of tin cans flattened ready to be turned in.

Reports from 4-H Club girls indicate that they have been assisting, twenty-six thousand six

hundred and fifty-five pounds of metal was sold, eight thousand seven hundred and fifty-five pounds of rubber, three thousand two hundred and thirty pounds of paper, and rags and thirty-two pounds of fat. Approximately thirteen hundred pounds of fat has been turned in from the entire county.

5. Rationing Board

Six deputy sugar boards for the county were set up as a suggestion from the home agent. Time spent by club members on this project was reported under Home Demonstration Club Activities. Club members also assisted with gas and tire rationing.

6. War Bond Committee

The home agent has been serving as bond chairman for county women. Programs were given in all six communities on "Bonds and Stamps" with assistance rendered community and neighborhood leaders explaining need for war bond pledges. A picture entitled "The American Way" was shown at a county meeting of club presidents, also at a meeting of project leaders. The picture displaying need for increase in buying of bonds was reported on at local club meetings. The county chairman was invited to three county planning meetings to report on plans and progress made in county.

One hundred and fourteen 4-H Club girls reported having purchased one hundred and eighty-eight dollars and ten cents worth of war stamps, and put five hundred and fifty dollars in war bonds.

During the past five weeks various organizations have been making buttonieres using war stamps in center. Approximately three hundred have been sold.

7. School Lunch

Four lunch room workers representing two schools were trained in canning and drying of vegetables. Two others were assisted in plans for meals. Three district lunch room supervisors attended the

leader training meeting given by the Food and Nutrition specialist on "Canning and Drying" and "Use of whole wheat products". These supervisors in turn trained lunch room workers in four counties.

8. Red Cross

Four clubs assisted with Red Cross sewing as a community project, making one hundred and ten slips, sixty-four woolen skirts, twenty woolen dresses, eight blankets, one quilt, fifteen sweaters, twelve kimono's, and folded more than a thousand bandages.

In one community the Red Cross meets at the close of the home demonstration meeting, thus eliminating an extra meeting. Materials are transported to and from communities by the agent as she attends meetings.

9. Others

An exhibit on "Vegetable Gardens" and "Canned Food" was put on at the District Home Economics meeting by the Farm Security Home Supervisor and the home agent.

As chairman of the Holliday 4-H Club Camp Handicraft Committee, the agent with two other agents planned and ordered materials for the entire summer including wooden bowls, wooden scrap books and footstools.

VII. Appraisal of Contribution to County Made by Home Demonstration Program

The agent feels that one of the greatest contributions the home demonstration members have made in 1942 is to National Defense through good management, through conservation of the material and human resources of the home, and through maintaining family morale.

Leadership among members in all programs has been outstanding. Considering each member as

a potential leader, more families were reached with a greater realization brought out as all families faced the greatest challenge they have ever faced, the challenge to build up the health, strength and morale of every member and at the same time achieve or maintain the kind of home that is worth defending.

One new home demonstration club was organized with thirteen enrolled.

The Board of Supervisors increased appropriation for matron's salary in community rest room. This room sponsored by the home demonstration clubs is financed jointly by the Board of supervisors and Town Council. Until this year each club contributed to the fund to make up enough salary for matron. This person has charge of the library also receiving visitors and caring for children.