

ANNUAL NARRATIVE REPORT  
OF  
COUNTY HOME INSPECTORATES AGENTS WORK  
IN  
CARROLL COUNTY, VIRGINIA

1948

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111. Scope of Work

A. Home Demonstration Clubs:

Number..... 17 Membership..... 335  
Other women reached by home demonstration club members.....2536

B. A-H Clubs:

Number..... 11 Membership..... 246

C. Number reached through other groups by agent..... 684

D. Number families reached through neighborhood and community  
leaders..... 1130

E. Other methods used to reach families -- radio, newspaper,  
office calls and visits. Number families reached..... 3000

F. Estimate total number families reached..... 2856  
Number farm families in county..... 4500

IV. Adult Work

A. Home Demonstration Club Program

1. Project Work

a. Program Planning

The adult extension program in Carroll County is planned by a County Home Demonstration Committee. This committee consist of the presidents of our seventeen home demonstration clubs, the federation chairman, and other outstanding home demonstration club members at large. These members are selected by the executive committee and are to serve on specific home demonstration committees and to aid in the extension work throughout the county. The total membership for 1948 is thirty four members.

The home demonstration committee formulates plans for our home demonstration work throughout the county. Two county wide meetings are held each year. Preceding the meeting in the fall, each president holds a program planning discussion in her home club. This gives a better understanding of county needs and also preferences of club members. In the fall meeting a month by month program is set up.

In the spring the committee holds its second meeting to review and revise plans that were made in the fall. They also summarize county conditions which affect home demonstration program and outline plans by which this program can help raise the standard of living among Carroll County people.

b. Subject Matter

For 1948 the county home demonstration committee selected "Safety" as our Federation Goal. Our month by month program follows:

- December ..... "Hospitalization"
- January..... "Repair of Furniture"
- February..... "Stenciling Household Linen"
- March..... "Use of Pressure Saucepan"
- April..... "Planning Adequate Meals"
- May..... "Water Systems"
- June..... "Safety"
- July..... "Wark Clothes"
- August..... "Club Choice"
- September..... "Kitchen Insulation"
- October..... "Floor Finishes"
- November..... "Selecting and Buying Household Linen".

c. Project

1. Food

a. Production

Early in the spring much emphasis was placed on home gardening throughout the county. Due to the increased cost of food and an effort to get a greater variety of food on the family table, the home demonstration club leaders, the newspaper and government leaflets on gardening were used to increase the quality and area of our home gardens.

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The club leaders brought timely information on adapted varieties, treated seeds, preparation of soil, recommended fertilizers, diseases and insect controls and other outstanding garden information to their club meetings month by month. The newspaper was used to emphasize the above program and reach additional people. According to the report 98% of the home demonstration club members had a vegetable garden in 1948. As the people in Laurel Fork and Fancy Gap districts grow truck gardens for supplementary income, many acres of beans, cabbage and onions were grown for the market.

b. Conservation

Since pressure cookers are plentiful on the market, most of our homemakers are using the pressure cooker method of canning non-acid vegetables and meats. Over 600 copies of the government bulletin "Canning Fruits and Vegetables" were distributed to homemakers throughout the county. In 1948 the Home Demonstration Club Members reported that they have canned 124,638 quarts of fruit, 84,630 quarts of vegetables, and 36,728 quarts of meat. In food storage they report that 282,642 lbs of apples are stored for winter use, 181,460 lbs of vegetables, and 236,450 lbs. of meat.

Home freezers are growing in popularity with the farm people. The two freezer locker plants that are accessible to the people of this county each have a waiting list. Upon special request two home demonstration club meetings were devoted to demonstrations on "Preparation of Food for Freezing." Thirty eight club members attended these two demonstrations.

A copy of "Home Freezing of Fruits and Vegetables" (See next page) has been distributed to each owner of a home freezer and to families that rent a community locker.

The home demonstration club reports show that 1,975 lbs of vegetables, 2,283 lbs of meat and 1,264 lbs of fruit have been frozen by club members this year.

# **FREEZING**

## *of Fruits and Vegetables*



# HOME FREEZING OF FRUITS AND VEGETABLES

With a home freezer or neighborhood locker plant, you can bring garden freshness to your family table all year long. Freezing gives you bright color, fresh flavor, and most of the vitamin values of fresh fruits and vegetables.

Frozen foods keep for many months because organisms that cause spoilage are not active at 0° F., the temperature at which frozen food should be stored. Since freezing does not destroy these organisms, they become more active as the temperature rises. Therefore, frozen foods lose quality and may spoil soon after they are thawed.

Many frozen foods decrease in quality as they are held, but if properly prepared and stored they maintain their quality for as long as 8 to 12 months. It is wise to plan ahead so you freeze only as much of the different foods as your family will use during the year.

By carefully following these modern methods for preparing and packaging, you can successfully freeze most fruits and vegetables.

## Freeze the Best

Food that comes out of the freezer won't be any better than the food you put in. Best for freezing are firm, well ripened fruits and fresh, tender vegetables right from the orchard or garden.

Freeze fruits or vegetables as quickly as possible after picking. If you must hold foods a day, keep them as cool as possible.

Not all varieties of fruits and vegetables freeze equally well. For a list of those in your locality that give highest quality when frozen, write to your State college of agriculture or experiment station.

## Wash and Sort Carefully

Don't freeze foods that are overripe, bruised, or show signs of decay. Wash food thoroughly in clear water—lift out of washing water so dirt won't drain back on food. Sort according to size; big pieces need longer scalding than the small and medium.

## Peel, Trim, Slice

Prepare foods as for cooking or as served at the table. Some fruits have better flavor and texture when sliced than when frozen whole. See pages 12 and 18 for ways to prepare each vegetable and fruit.

## Special Steps for Fruits

**Prevent darkening.**—Some light-colored fruits need special treatment to prevent darkening.

One way is to let peaches or similar fruit stand in a citric acid solution for 1 to 2 minutes before packing in sirup or sugar (the sirup pack retains color better than the dry sugar pack). To make solution, dissolve  $\frac{1}{4}$  teaspoon citric acid in 1 quart water (you'll need about a gallon of solution for 1 bushel of fruit). A more effective though slightly more expensive way if you are packing

the fruit in a sirup, is to add  $\frac{1}{4}$  teaspoon ascorbic acid (vitamin C) to each 1 or  $1\frac{1}{2}$  cups of sirup. You can buy citric or ascorbic acid at the drug store.

To keep apples from darkening, scald slices in steam or boiling water for  $1\frac{1}{2}$  to 2 minutes.

Or light-colored fruits may be put directly into sugar sirup, but they will darken during freezing and thawing unless completely covered with sirup.

**Prepare sweetening.**—Some fruits such as loganberries, raspberries, cranberries, and rhubarb are good frozen without sugar. But most fruits have better texture and flavor if sweetened before freezing. This may be done by mixing them with dry sugar, or by packing in a sugar sirup. You can make the sirup a day ahead and keep it in the refrigerator thoroughly chilled for use.

The table on page 18 tells how to prepare each fruit, how much sugar and water goes into the sirup, or how much dry sugar to mix with the fruit.

### Special Steps for Vegetables

For all vegetables except green peppers, the dry pack is satisfactory and less trouble than the brine pack. Green peppers are best packed in a weak salt solution (1 teaspoon salt to 1 cup water).

**Scald before packing.**—Scalding lessens the action of enzymes present in all living material. Though enzymes help in growth and ripening, they cause food to lose vitamins as well as flavor and color after the food reaches maturity and is gathered. These changes continue even after freezing if the food is not scalded long enough.

Scalding also brightens the color and softens vegetables, making them easier to pack. Without scalding, frozen vegetables fade in color and develop an "off" flavor in a few months.

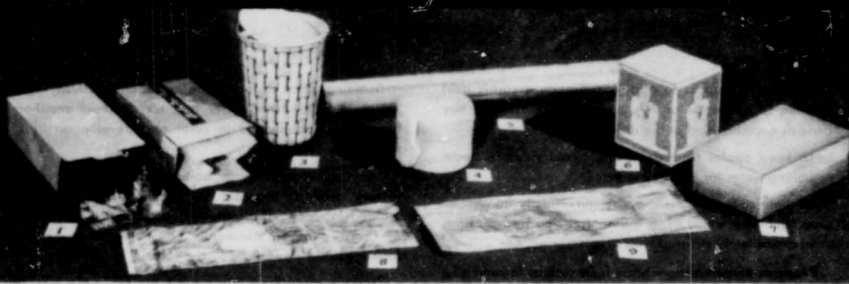
Scalding vegetables in boiling water gives a satisfactory product. Broccoli has slightly better quality if scalded in steam. The leafy vegetables, such as spinach or chard, must be scalded in boiling water to be uniformly heated through.

Prepare vegetables as directed (p. 12), since size of pieces affects scalding time. Scald a small quantity of food at a time. To scald in boiling water, put about 1 pound of vegetables in a fine-mesh wire basket. A wire cover holds food under water. Lower basket into rapidly boiling water—at least 1 gallon or more to cover the food. Put the lid on the kettle and start counting time. Scald for as long as directed for each vegetable (p. 12).

To scald in steam, see directions for broccoli on page 10.

**Chill in cold water.**—The next step after scalding is to chill the food quickly and thoroughly. This stops the cooking and cuts down the chance for spoilage organisms to grow. Plunge the vegetables into iced water, 60° F. or lower. You'll need about 20 pounds of ice to cool 20 pounds of vegetables. Running water may be used if it is cold enough (around 60°).

It usually takes as long to chill as to scald. Test for coolness by biting a piece of the food. When it feels cool to the tongue, remove the vegetable from cold water and drain thoroughly.



**Moisture-vapor-resistant containers:**

1. Carton with heat-sealing liner of specially treated cellophane.
2. Carton with heat-sealing liner of specially treated paper.
3. Waxed cup with set-in lid.

**4. Stockinette covering for single-thickness**

5. Heat-sealing sheets of specially treated cellophane to make into bags.
6. Heat-sealing, cube-shaped carton, with plastic coating.

**7. Carton with specially treated, heat-sealing**

8. Heat-sealing bag of specially treated cellophane (single thickness).
9. Heat-sealing bag of specially treated cellophane (double thickness).

## Package right

The right containers for frozen foods are of moisture-vapor-resistant material that can be sealed tightly. If foods aren't packaged right, they dry out and lose vitamins.

Many types of heat-sealed packages are satisfactory. Plastic-coated boxes, and cartons with specially treated liners or covers protect foods well and are easy to handle and store. There are also ready-made bags for frozen foods or you can make bags of any shape or size from specially treated heat-sealing material by running a warm iron over the folded edges.

Cover single-thickness cellophane bags with a carton or mesh cloth known as "stockinette."

Test heat-sealing liners with water to be sure they

don't leak. After the liner dries, re-seal leaky seams with a warm iron.

Waxed cups are convenient but the seal is not vapor-proof and food dries out and may darken during a long period of storage.

Glass jars may be used, but they do not pack so well in the freezer and may break. Foods must be thawed before cooking to remove from jar. Tin cans are satisfactory for fruits, but should not be used for vegetables until further research is done.

**Leave head space.**—Food expands as it freezes. When packed without liquid, leave about 1/2 inch head space at top of carton or bag for foods that pack tightly. No head space is needed for loosely packed foods such as broccoli or cauliflower.

For foods packed in liquid, purees, or crushed fruits, leave about 1 inch head space in cartons or bags; 1½ inches with glass jars or tin cans.

**Seal tightly.**—After filling a carton or bag, wipe inside edges with a clean cloth to remove moisture that would prevent a tight seal. Press out all air possible from top of bag. Seal tightly.

Heat-seal a bag or a box with an overwrap or a special coating, press with a warm iron. Use just enough heat and pressure to hold the edges tightly together. Too much heat may cause an imperfect seal.

**Label plainly.**—Even if the package has a "window," you will want to label it with the date it was packed, the variety, and any special treatment.

Special stamps, labels, tape, and crayons are made for labeling. You can use different colors for different foods, or to indicate dates of storage so foods stored longest can be used first.

## Freeze Quickly

Freeze foods as soon as possible after they are packed. Keep packages cold in the refrigerator until all are ready for freezing. If you take food to a locker plant, transfer packages to an insulated box for carrying. At the locker plant, have foods frozen in the fast-freezing room, if one is available, before placing in your freezer.

If you have a home freezer, be sure the temperature of the freezing compartment is 0° F. or lower. Follow these rules to speed freezing.

Don't freeze too many packages at once. The manufacturer of your freezer can tell you how much food to

freeze at one time or in a 24-hour period.

Place packages against freezing plates or coils, but spread them out so air can move between them.

Remember that thick or heavily wrapped packages take longer to freeze than those of medium size with only enough wrapping to protect the food.

## Store at 0° F.

After freezing, store food at 0° F. or lower. At higher temperatures, frozen foods lose both eating quality and vitamin values.

To help you know how many and what kinds of frozen foods are in the freezer, post an up-to-date list near the freezer. List the foods as you put them into the freezer, and check them off as you take them out, so packages won't be lost or forgotten.

**If power is interrupted or freezer fails to operate normally,** do not open the cabinet. Food in a loaded cabinet will usually stay frozen for 2 days, even in summer. In a cabinet with less than half a load, food may not stay frozen for more than a day. Food in the storage compartment of a chest-type freezer will stay frozen longer than that in the separate freezing compartment.

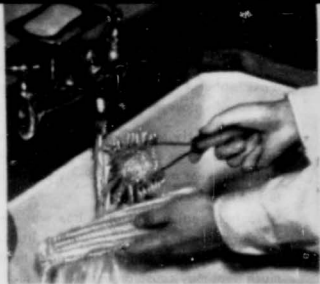
If repairs cannot be made in 1 or 2 days, get dry ice, if available, and place in each compartment as soon as possible. Fifty pounds in a 20 cubic foot cabinet should hold the temperature in a cabinet with less than a half load under freezing for 2 to 3 days and in a loaded cabinet 3 to 4 days. If you can't get dry ice, try to locate a locker plant and move the food there in insulated boxes.

# Freezing Corn



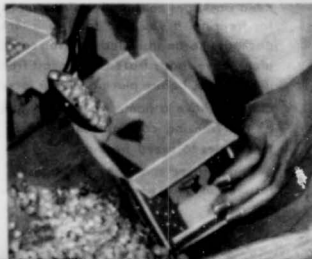
1. Husk corn that is at just the right stage for eating. Kernels will be fully formed, and the milk thin and sweet. Trim off any undeveloped or wormy sections.

Whole-kernel corn has proved most successful for freezing. Though many people like to freeze corn on the cob, it is sometimes disappointing because it takes up so much freezer space and does not have the flavor of fresh corn on the cob.



2. Use a dry vegetable brush to remove silks. Then wash or scrub the ears in cold water.

6. Pack into moisture-vapor-resistant containers. Fill to within  $\frac{1}{2}$  inch from top.





3. Dip corn in rapidly boiling water 7 minutes. Cover to hold in steam. Start counting time as soon as corn is in. Keep heat high.

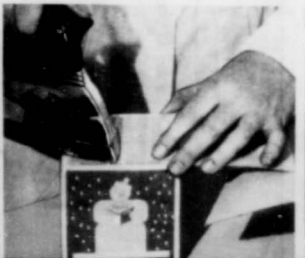


4. Cool in iced or running cold water for 7 minutes or until a kernel pulled from cob feels cold to tongue.



5. For whole-kernel style, cut corn off cob with sharp knife. Don't cut too deep. A nail in cutting board holds cob firmly.

7. Close and heat-seal box with a warm iron. When iron is too hot, plastic coating on this type of carton melts away so box will not seal.



8. Keep filled, labeled containers cold in refrigerator until all are ready to be frozen.



9. Place containers in insulated box for taking to locker plant, or freeze in home cabinet. When frozen, store at 0°F. or lower.





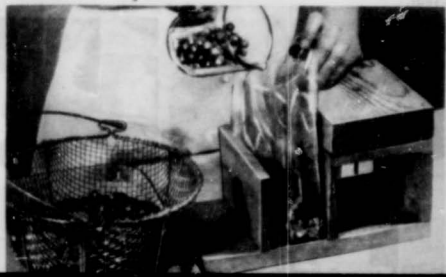
# Freezing Peas

1. Shell freshly picked, sweet, tender peas. Sort out immature and tough ones, unsuitable for freezing.

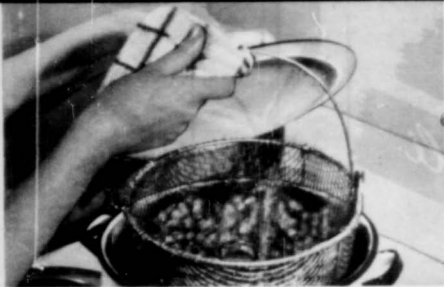
Vegetables such as peas and sweet corn lose quality very rapidly after picking. They become starchy and lose sweetness if held at summer temperature and should be frozen within a few hours.



2. Wash peas and pour into wire basket to drain.



5. Pour peas into freezing package, leaving 1/2 inch head space at top. Wipe moisture from inside edges of bag. Press out air.



3. Dip about 1 pound of peas into rapidly boiling water for 1 minute. Note wire lid that holds peas under water. Cover kettle and begin to count time.



4. Chill scalded peas at once in iced water or running cold water until a broken pea feels cold to tongue. Drain.

6. Heat-seal bag, using a warm hand iron or a curling iron. A wooden box or platform is convenient for this job.



7. Put filled containers in freezing compartment. When frozen, store at 0° F.



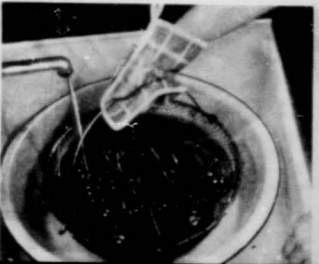


1. Use freshly gathered broccoli with tightly budded, compact heads. If flowers show yellow, broccoli is too old for freezing.

Broccoli has better quality when scalded in steam. To steam scald, you need a kettle with a tight lid and a rack to hold the scalding basket at least 1 1/2 to 2 inches above the boiling water. Use an inch or two of water in the kettle. Place a single layer of broccoli in the basket so steam reaches all parts quickly. Cover kettle and keep heat high. Start counting time as soon as the lid is on.



2. Trim off large leaves and tough ends of stalks. Wash broccoli thoroughly, pressing the buds apart as you wash.



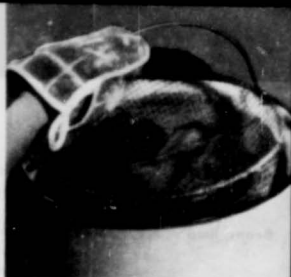
6. Remove from scalding kettle. Chill broccoli at once in cold running water or iced water until a broken piece feels cold to tongue.



3. Soak stalks head down in salt water (4 teaspoons salt to 1 gallon cold water) about half an hour. This drives out green worms and tiny bugs.



4. Cut broccoli lengthwise, into uniform pieces, leaving the heads about  $1\frac{1}{2}$  inches across. This insures uniform scalding and makes attractive pieces for serving.

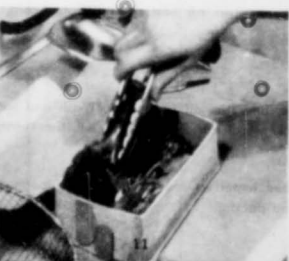
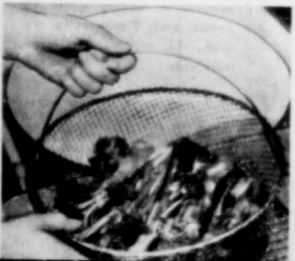


5. Steam scald by placing broccoli over rapidly boiling water. Cover kettle and steam 5 minutes. Keep the heat high.

7. Lift basket from cold water. Shake off all excess water possible, and let broccoli drain a few minutes.

8. Pack broccoli so some heads are at one end of box, some at the other. This saves space. Fill box to top. Broccoli packs loosely, so you don't need to allow space for it to expand.

9. Heat-seal this cellophane-covered package on the outside with a warm iron. After freezing, store at 0° F. Handle this type of package carefully so you won't tear the wrapper.



# VEGETABLES FOR FREEZING

VEGETABLE	HOW TO PREPARE	TIME TO SCALD
Asparagus	Wash well and cut into desired lengths. Sort into 3 groups, according to thickness of stalk. Scald, chill, and pack.	2 to 4 minutes in boiling water, according to size of stalk.
Beans, lima	Shell, wash, and sort according to size. Scald and chill. Then sort out any beans that have turned white; these may be cooked or canned. Pack.	2 to 3 minutes in boiling water, according to size.
Beans, snap	Wash well, cut off stem and tips. Leave whole, slice, or cut into pieces. Scald, chill, and pack.	2 to 3 minutes in boiling water.
Broccoli	Cut off large leaves and tough stalks. Wash well and soak, heads down in salted water (4 teaspoons salt to 1 gallon cold water), for about 1/2 hour. Split lengthwise so heads are not more than 1 1/2 inches across. Scald, chill, and pack.	5 minutes in steam, or 4 minutes in boiling water.
Cauliflower	Select white, compact heads. Break flowerlets into pieces about 1 inch across. Wash, scald, chill, and pack.	3 minutes in boiling water.
Corn, on cob	Husk, remove silk and trim off bad spots. Wash. Scald, chill, and pack.	7 minutes in boiling water for slender ears; 9 minutes for medium; 11 minutes for large, thick ears.
Corn, whole-grain	Husk, remove silk, and trim off bad spots. Wash and sort according to thickness of ear. Scald, then chill. Cut kernels off cob. Pack.	5 to 7 minutes in boiling water.
Greens	Wash well, remove imperfect leaves and large, tough stems. Scald, chill, and pack.	1 to 2 minutes in boiling water.

# PREPARING AND PACKING

VEGETABLE	HOW TO PREPARE	TIME TO SCALD <sup>1</sup>
Peas .....	Shell, sort out immature and tough peas, wash, scald, chill, and pack.	1 minute in boiling water.
Peppers, green, and pimiento...	Wash. Remove seeds and slice or cut as desired. Scald and chill. Pack in brine of 1 teaspoon salt to 1 cup cold water.	2 minutes in boiling water.
Soybeans .....	Boil in pods for 5 minutes. Chill. Squeeze beans out of pods. Wash, drain, and pack.	No additional scalding required.

<sup>1</sup>If you live 5,000 or more feet above sea level, scald the vegetables 1 minute longer.

## Head space

In carton or bag—

When packed without liquid, leave  $\frac{1}{2}$  inch head space for vegetables that pack tightly, such as peas and corn. No head space is needed for vegetables that pack loosely, such as broccoli and cauliflower.

For vegetables packed with brine or for vegetable purees, leave 1 inch head space.

In glass jars or tin cans leave  $1\frac{1}{2}$  inches head space.

## Vegetables not given table:

The table above gives recommendations for those vegetables most commonly frozen. Other vegetables such as beets, brussels sprouts, cabbage, carrots, mushrooms, okra, and sweetpotatoes have been frozen successfully and directions have been developed by some of the State agricultural experiment stations.

Whole tomatoes, lettuce, celery, cucumbers, and onions have not been frozen satisfactorily.

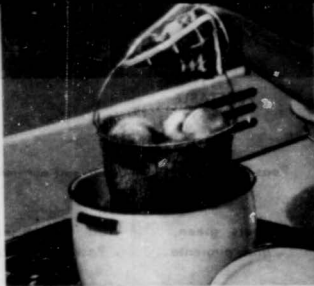


Select tree-ripened freestone peaches at just the right stage for eating, and use only varieties recommended for freezing.

Sort peaches carefully. Remove those that are overripe and bruised. The good parts of these may be made up into frozen puree or jams and fruit butter.

Peaches, like other tree fruits, may be packed with dry sugar or in a sugar sirup. If you use sirup, you'll need about 3 gallons for 1 bushel of medium-sized peaches.

To keep peaches from darkening, you can use a citric acid dip before packing in sirup or dry sugar or add ascorbic acid directly to the sugar sirup (see p. 2 for directions).



1. Dip fully ripe, sound freestone peaches about 15 to 30 seconds in boiling water to loosen skins. The riper the fruit, the less scalding needed.

5. Cover peaches with cold sugar sirup (see p. 19). The home-made funnel and stand are handy.





2. Chill peaches quickly in cold water for 15 to 30 seconds. This stops the cooking action.



3. Cut peaches, slip peel from halves, and cut in sections. A cutting board is useful. Handle fruit quickly so it won't darken.

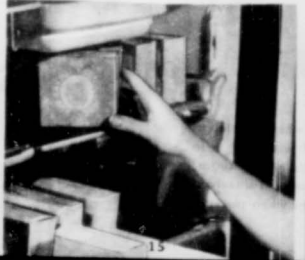


4. If using a citric acid dip to prevent darkening, place fruit at once in the cold solution for 1 to 2 minutes. Drain. Fill containers to within 1 inch from top.

6. Wipe the inside edges of liner clean and dry; press out air and seal with a warm iron. Some-made wooden platform makes it easier to seal the liner.

7. Put filled, labeled boxes into refrigerator to keep cold until all are ready to go into freezer.

8. Freeze. As soon as peaches are frozen store at 0° F. or lower.





Strawberries have better texture and flavor when sweetened with dry sugar before freezing. One cup of sugar with 5 to 8 cups of fruit gives good results. After adding the sugar, turn the berries over and over until all the sugar is dissolved and juice is formed for covering the berries when packed.



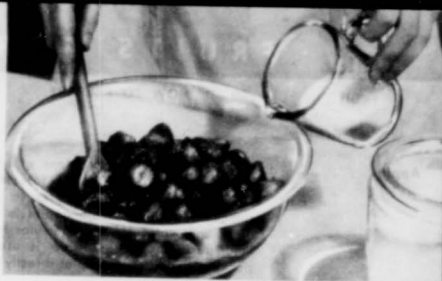
1. Carefully sort and cap strawberries. Do not use berries that are green, crushed, or overripe.



4. Fill containers to within 1 inch from top. Cover berries with juice. If necessary, press down on berries with a spoon until juice covers them.



2. Wash berries—a few at a time—in cold water. Lift the berries from the water into a colander to drain.



3. Mix whole or sliced berries with sugar, using 1 cup sugar with 5 to 8 cups of berries. Turn over and over until all sugar is dissolved.

5. Wipe the inside edges of liner clean and dry. Press out air, and seal edges together with a warm iron. Label.

6. For rapid freezing, place boxes of berries against walls of freezing compartment, allowing space for air to circulate between packages. When frozen, store at 0° F. or lower.



# FRUITS FOR FREEZING

FRUIT	HOW TO PREPARE	HOW TO PACK
Apples	Peel, core, and cut into sections of uniform thickness (about 12 sections for medium-sized, more for larger apples to insure sufficient scalding). Scald apples in steam or boiling water 1½ to 2 minutes to prevent darkening. Or if sirup is used for packing you can slice apples directly into it.	Pack in 1 part by weight of sugar to 3 or 4 parts by weight of fruit (1 cup sugar to 5 cups fruit); or in sirup to cover (3 to 4 cups sugar to 4 cups water)
Apricots	Sort for ripeness. Wash, halve, pit, and cut in sections. To keep from darkening, dip for 1 to 2 minutes in a solution of ¼ teaspoon citric acid dissolved in 1 quart water or use ascorbic acid (see How to Pack).	<p><b>With citric acid.</b> Pack in 1 part by weight of sugar to 3 or 4 parts by weight of fruit (1 cup sugar to 4½ to 6 cups fruit); or in sirup to cover (3 to 4 cups sugar to 4 cups water).</p> <p><b>With ascorbic acid.</b> Put apricots directly into sugar sirup to which has been added ¼ teaspoon ascorbic acid to each 1 to 1½ cups sirup.</p>
Berries (except blueberries and strawberries)	Pick over, wash, drain well. Do not wash raspberries unless necessary.	Pack without sugar; or pack in 1 part by weight of sugar to 4 parts by weight of fruit (1 cup sugar to 6 cups fruit); or in sirup to cover (3 cups sugar to 4 cups water).
Blueberries	Pick over, wash, drain well.	Pack in 1 part by weight of sugar to 4 parts by weight of fruit (1 cup sugar to 6 cups fruit); or in sirup to cover (3 cups sugar to 4 cups water); or pack without sugar.
Cherries, sour	Wash, drain, and pit.	Pack in 1 part by weight of sugar to 3 or 4 parts by weight of fruit (1 cup sugar to 4 to 5 cups fruit).
Cherries, sweet	Wash and drain. Pit or not, as desired.	<p><b>Pitted cherries.</b> Pack in 1 part by weight of sugar to 4 parts by weight of fruit (1 cup sugar to 5 cups fruit).</p> <p><b>Whole cherries.</b> Pack in sirup to cover (3 cups sugar to 4 cups water with ¼ teaspoon ascorbic acid added to each 1 to 1½ cups sirup).</p>

# PREPARING AND PACKING

FRUIT	HOW TO PREPARE	HOW TO PACK
Cranberries	Pick over and wash.	Pack without sugar; or pack in 1 part by weight of sugar to 3 or 4 parts by weight of berries (1 cup sugar to 6 to 8 cups berries, or pack in sirup to cover (4 cups sugar to 4 cups water).
Figs	Soak, wash, remove stems. Leave whole, halve, or slice.	Pack without sugar; or pack in 1 part by weight of sugar to 4 parts by weight of fruit (1 cup sugar to 6 cups fruit); or pack in sirup to cover (3 cups sugar to 4 cups water).
Peaches (free stone) and nectarinas	Sort, pit, peel (skins may be loosened by scalding whole peaches 15 to 30 seconds in boiling water). Cut in sections. To keep from darkening, dip sections for 1 to 2 minutes in a solution of $\frac{1}{4}$ teaspoon citric acid dissolved in 1 quart water, or use ascorbic acid (see How to Pack).	With citric acid. Pack in 1 part by weight of sugar to 3 or 4 parts by weight of fruit (1 cup sugar to $4\frac{1}{2}$ to 6 cups fruit); or in sirup to cover (3 cups sugar to 4 cups water). With ascorbic acid. Put peaches directly into sugar sirup to which has been added $\frac{1}{4}$ teaspoon ascorbic acid for each 1 to $1\frac{1}{2}$ cups sirup.
Plums and prunes	Soak, wash, halve, and pit.	Pack in 1 part by weight of sugar to 3 to 5 parts by weight of fruit (1 cup sugar to $4\frac{1}{2}$ to 10 cups fruit); or in sirup to cover (3 to 5 cups sugar to 4 cups water, with $\frac{1}{4}$ teaspoon ascorbic acid added to each 1 to $1\frac{1}{2}$ cups sirup).
Rhubarb	Wash, trim, and cut stalks into 1-inch pieces.	Pack without sugar; or pack in 1 part by weight of sugar to 4 or 5 parts by weight of rhubarb (1 cup sugar to 5 to 6 cups fruit); or in sirup to cover (3 cups sugar to 4 cups water).
Strawberries	Cap and sort, wash, and drain well. Leave berries whole, or slice.	Pack in 1 part by weight of sugar to 3 or 4 parts by weight of fruit (1 cup sugar to 5 to 8 cups fruit). Pack tightly so juice covers berries.

## Head space

In carton or bag, leave  $\frac{1}{2}$  inch head space if packed without liquid. Leave 1 inch head space if packed with sirup, or for purees or washed fruits.

In glass jars or tin cans leave  $1\frac{1}{2}$  inches head space.

## Packing fruit in dry sugar

When packing fruits in dry sugar, be sure to mix thoroughly until all sugar is dissolved and sufficient sirup is formed to cover the fruit when packed. If necessary press fruit down in package until sirup covers the fruit.

## COOKING FROZEN VEGETABLES

Cooking frozen vegetables to save their vitamins, bright color, and fresh flavor is like cooking fresh vegetables . . . except the frozen vegetables cook more quickly. The secret lies in using only a little water and cooking them quickly until just tender.

You can cook most frozen vegetables without thawing. Corn on the cob must be completely thawed and some vegetables such as greens, asparagus, and broccoli cook more evenly if thawed—just enough to separate the leaves or stalks. Partially thaw vegetables packed in brine, and use part of brine as cooking liquid. Never re-freeze thawed vegetables.

Cook only enough vegetables for one meal at a time. You can cut a large package in two before cooking, and keep the uncooked part wrapped and frozen, if you cook

Place frozen peas in from one-fourth to one-half cup lightly salted boiling water. Cover pan with a lid, keep water boiling steadily with low heat, and cook peas until just tender.



more than one package at a time, or one large package, use a wide pan to speed cooking time.

The frost furnishes some moisture, so use only a small amount of water—one-fourth to one-half cup usually is enough for 4 to 5 servings. The amount depends on the size of the package and the time needed to cook the vegetables tender.

Bring lightly salted water to a boil. Add frozen vegetables, cover, and bring water back to a boil rapidly. Use a tight fitting lid so moisture forms steam for cooking. Then reduce heat but keep it high enough so water boils steadily. Cook until vegetables are just tender; overcooking destroys flavor and texture. Since frozen vegetables are partly cooked before freezing, they cook tender in a shorter time than fresh ones.

## Approximate Cooking Times for Frozen Vegetables

Cooking times for frozen vegetables will vary with variety and maturity of vegetable. You can use the times given below as a guide for cooking vegetables of your own pack. Be sure to bring the vegetables back to boiling before you start counting time.

	Minutes		Minutes
Asparagus	7	Corn, cut	5
Beans, lima	7-15	Corn, on cob	5
Beans, snap	12-15	Peas	7
Broccoli	7	Soybeans	10-15
Cauliflower	5	Spinach	5

## THAWING FRUITS

Frozen fruits when thawed are ready to be served as dessert. But thaw only enough for one meal at a time. Fruit quickly loses its freshness after it has thawed; the texture becomes oversoft and the fresh flavor decreases. For a small family, cut a large package in two before thawing, but be sure to keep the unused part wrapped and frozen.

Serve berries while they still contain a few ice crystals. Though texture of peaches or similar fruits is better when they are still a little icy, flavor is improved by more complete thawing.

If you plan to cook the fruit, thaw it only enough to separate the pieces.

Always leave fruit in the sealed container during thawing for best flavor and color. Turn package several times during thawing to keep fruit coated with syrup and to prevent darkening. On the refrigerator shelf, it takes 6 to 8 hours to thaw a 1-pound package of fruit. At room temperature, the time is shortened to 2 to 3 hours. To thaw fruit quickly, place package in cool running water for a half to 1 hour. Fruit packed with dry sugar thaws more quickly than that packed with syrup.

Never refreeze fruits after thawing. To keep frozen fruits that have been thawed cook them first, then store in the refrigerator.

If you combine frozen fruits with other foods in recipes, be sure to allow for the sugar or syrup in which the fruit was packed. In some recipes, no more sugar will be needed.

Frozen fruit that has lost its fresh quality may still be used in recipes for cooked desserts.

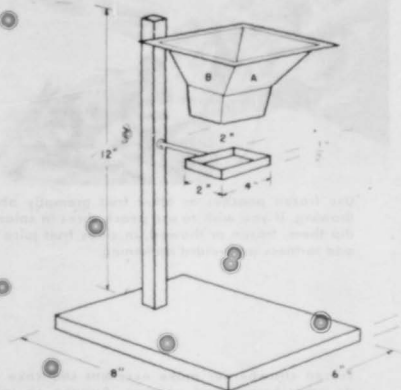


Use frozen peaches or other fruit promptly after thawing. If you wish to use peach slices in salads, dip them, frozen or thawed, in citrus fruit juice to add tartness and retard darkening.

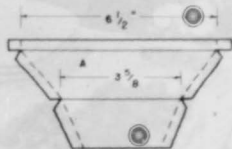
Frozen strawberries make excellent shortcake as do other berries and peaches. Arrange on cake while berries are still a little icy.



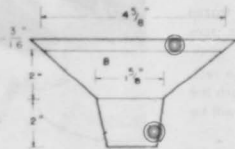
## HOME-MADE EQUIPMENT . . . FOR FILLING PACKAGES



Packaging funnel and stand



Pattern for front and back

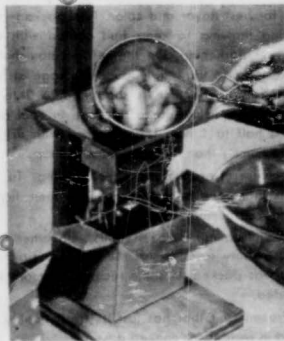


Pattern for sides

A funnel and stand make it easier to fill box or liner quickly with little chance for tears or spills. You can buy one, or any handyman who has equipment to work with tin can make this one shown.

The funnel is of tinned metal. The ring, made from a strip of the same metal, is soldered together where it joins the bolt. The narrow rim around top edge of funnel keeps liquids from running down on the package below. The mouth of the funnel extends deep enough into the package so syrups or foods do not touch the inside sealing edges of the liner.

Notches in the wooden standard make it easy to adjust the height of the funnel for different packages.



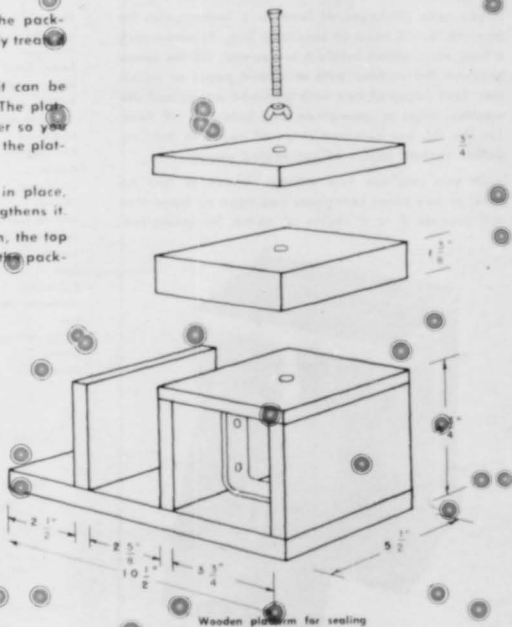
## ... FOR SEALING PACKAGES

This home-made wooden platform holds the package upright as you seal the edges of specially treated liners with a worm iron.

The platform has removable blocks so it can be adjusted for packages of different heights. The platform should be just as high as the container so you can draw the liner smoothly over the top of the platform to press out air before sealing.

A bolt with nut holds the blocks firmly in place, and an iron brace inside the platform strengthens it.

Though not so convenient as the platform, the top of a small wooden box the same height as the package may be used for sealing.



### c. Nutrition

In April three hundred thirty five Home Demonstration Club Members devoted their club program to "Planning More Adequate Meals." A study of the seven basic groups of food was made and the details of menu building were carried out by each member. Two hundred and five members planned the meals for their families for a week. This proved to be a great time saving activity and a survey taken the following month showed that the families were "better fed."

Each of the ten Home Nursing Classes conducted by the local chapter of the American Red Cross have devoted four hours study to nutrition.

### d. Preparation

Now that the pressure cookers and pressure saucepans are owned by fifty percent of our Home Demonstration Club Members, this group requested demonstrations on "Use of the Pressure Saucepan in Meal Preparation." Sixteen demonstrations were given in which a one dish meal was prepared in a pressure saucepan. For the busy homemaker as well as the homemaker that holds another full time job the saucepan is a great time saver in meal preparation. It is the favorite kitchen utensil of many of our homemakers.

## 2. Clothing

### a. Construction

As prices have continued to advance in clothing, Carroll County homemakers are made more and more conscious of savings made possible through constructing clothes at home. The Home Demonstration Club women have shown their first interest to be in suitable, comfortable, and attractive work clothes. A study was made in regular Home Demonstration Club meetings of suitable patterns and materials for work dresses and aprons. Patterns designed by the U. S. Bureau of Human Nutrition and Home Economics were purchased by club members and used in making work dresses and aprons.

An exhibit of "Work Dresses and Work Aprons" from the U. S. Bureau of Human Nutrition and Home Economics created much interest in work dresses and aprons among our Home Demonstration Club folks. We not only studied the exhibit from the standpoint of design but also for new ideas in construction.

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Many points, particularly in garment finishes were obtained from this exhibit. The club members also brought to this club meeting their favorite sewing aid. Things like button hole workings, button makers, metal gauges, garment grippers, and many other useful gadgets were exhibited. The Home Demonstration Club Members report that they have made 8,375 new garments for themselves and their families this year.

#### b. Remodeling

Most of the interest in remodeling clothes this year has been made in an effort to keep pace with the styles, particularly that of longer dresses. The use of three inch tape for facings of skirt hems has been made popular. Also the clothing leaders in each club has advised members to remodel and lengthen dresses by inserting yokes at the top of the skirt.

Other dresses were made more attractive and larger by inserting strips of material in the skirt or on the bottom; however, other successful remodeled dresses received an entirely new skin. According to the reports 2,460 garments were remodeled.

### 3. Home Furnishings

#### a. Conservation

##### 1. Repair and Care

In an effort to make the best of what we now have in house furnishings, fourteen regular Home Demonstration Club Meetings were devoted to "Care and Repair of Furniture." The county home demonstration agent gave the demonstrations using the bulletin "Home Care and Cleaning" for background material. (See bulletin on following page.)

A copy of the bulletin was also given each club member. The home demonstration agent demonstrated the making of furniture polish and paste wax; the removing of white spots and scratches from furniture and techniques of doing other minor repair jobs. A discussion period followed in which the club members brought out their problems in care and repair of furniture.

##### b. Floor Finishes

Now that materials are available, many of the families in Carroll County are improving their homes. At the request of a majority of the Home Demonstration Club Members, the program of seventeen regular club meetings was built around "Floor Finishes and Care of Floors." A dis-

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Circular E-314

# House Care and Cleaning

MARY B. SETTLE

*Home Improvement Specialist*

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## House Care and Cleaning

MARY B. SETTLE, *Home Improvement Specialist*

"Cleanliness is next to godliness" and "order is the first law of beauty." These old sayings point out the truth of the fact that cleanliness and order are means to important ends, rather than ends in themselves. We desire both because they contribute to freedom from irritation in our immediate surroundings, health of body, repose of spirit, and beauty. Cleanliness and order in the home are attained only by continuous and cooperative effort, but the results are often far-reaching in effect. The actual processes of securing this desirable condition, however, should be made as easy as possible, with the least necessary use of time, energy and money.

**Problems involved in the care of cleaning of a house include:**

1. The removal of dust and dirt.
2. Order in appearance.
3. Sorting and arranging, especially as to closets, cupboards, and other storage spaces.
4. Repairs and renovations.

**Factors contributing to good results and satisfaction are several:**

1. Good planning for distribution of time and effort.
2. Use of proper tools and energy-saving ways of work.
3. Methods and materials used in specific cleaning tasks.

### A PLAN FOR CLEANING

Every homemaker who is successful in keeping her home in good order follows some type of a definite plan or schedule of work. The best plan is the one which accounts for all the kinds of cleaning necessary through the year, distributing them so that physical and nervous strain are avoided, and the house is kept, rather than just made, clean. The woman who finds herself and her family constantly dissatisfied with the condition of the house, might well give thoughtful attention to the improvement of her plan. It might be possible to plan not only a better distribution of work through the weeks and months, but a better division of responsi-

bility among workers or family members. When making such a plan, list all kinds of cleaning which must be done in your home. Decide which must be done daily, which once or twice weekly, and which must be done occasionally or seasonally. Then work these into a seasonal or monthly plan for the year, weekly plans for a month at a time, and daily plans for one week at a time. When all the tasks are worked into such plans or schedules, it is surprising how easily it all gets done without anyone's being overworked!

For the occasional and seasonal cleaning tasks there are several possible ways of planning. Some good managers like to do completely one room at a time; others like to take specific jobs in two or more rooms on the same day, such as cleaning closets, washing curtains, etc. The same plan would not be satisfactory to every one, but at least many good housekeepers are learning that semi-annual housecleaning orgies are entirely unnecessary. A more evenly distributed cleaning program spares the family and the homemaker, and does not upset the usual routine of the household.

## EQUIPMENT FOR CLEANING

### Selection

Choice of equipment and tools should depend upon their effectiveness in doing particular jobs with the least use of time and human energy. Long-handled mops, brushes, and dustpans are a first requirement for saving the housewife. One's posture in working is partly controlled by the kinds of equipment one has to use, and health is accordingly affected. One should practice doing cleaning tasks in the manner which puts the least physical strain upon the worker. A safe stepladder makes all high work more safely and easily done.

### Care

Proper care of equipment is required for efficient cleaning.

**Brushes** should be washed often. Use 1 tsp. ammonia to 1 qt. warm water.

**Mops** may be washed in hot suds, rinsed, and dried. Polish mops may be renewed after washing by pouring just a few drops of a good polish in a tin can or pan and letting the mop stand in it for a day or two.

**Dust cloths** should be washed frequently. To prepare or renew a dustless dustcloth—

(1) Wring cloth from hot water containing 1 tsp. kerosene or ½ tsp. light lubricating oil.

(2)

(2) Pour about 2 or 3 tbsp. of any polish into a pint or quart jar or can. Pour the polish out again, then put a clean soft cloth into the empty jar. Let stand until the next day and cloth will be completely permeated with just enough polish.

A **Cleaning Closet** is needed in every house to keep conveniently the equipment and supplies for the housecleaning work. Space should provide for hanging brooms and mops by rings or screw eyes; shelves for polishes and cleaners; pockets, racks for cloths and small tools. Waxed or oiled cloths should be kept in closed metal or glass containers. A cleaning basket or "housemaid's tray," any shallow sturdy basket about 12"x16", is useful for carrying small supplies from room to room.

### CLEANING MATERIALS

Materials essential for the care and cleaning of the house include:

Carbon tetrachloride	Gasoline
Water	Fuller's earth
Soap	Whiting
Washing soda	Trisodium phosphate
Household ammonia	Prepared or homemade:
Kerosene	Cleaning mixtures
Vinegar	Floor and furniture polish
Linseed oil	Floor and furniture wax
Turpentine	

**Soap and water** are the two cheapest and most generally useful cleaners we have. An abundant supply of running water and a good drainage system make the care of the house much easier and less the cost in time and energy. The money cost of soap can be reduced in several ways:

1. Buy soap in quantity to have it well dried before using.
2. Utilize soap scraps in soap suds for dish washing or for soap jelly.
3. Make soap at home if surplus fats are available and other factors make it an economical practice. (For directions, see *Mimeo. Cir. 13,902, Homemade Laundry Soap.*)
4. Use water softener with hard water to lessen amount of soap needed.

**Water softeners** usually used are:

1. **Washing soda solution**—completely dissolve 1 lb. washing soda in 1 qt. boiling water. Cool and store in labeled glass jars. Use the smallest amount necessary to get a quick lather with soap, perhaps 2 tbsp. to 1 gal. of moderately hard water.

**2. Household ammonia solution**—1 part concentrated ammonia to 7 parts water. Keep in covered glass jar or tightly stoppered bottles, labeled.

**Soap Jelly** is convenient for many cleaning purposes. It is especially recommended for use in cleaning rugs and some upholstery.

1 cup neutral soap flakes dissolved in 2 qts. hot water or 1 bar mild soap boiled in 1 gal. water

Allow soap solution to cool, then add 1 tbsp. ammonia solution. Let stand until cooled to jelly-like consistency. If water is hard,  $\frac{1}{2}$  cup washing soda may be dissolved with the soap in the hot water. Keep jelly in wide mouthed glass or crockery jar.

**Oil Cleaner for Varnished and Shellacked Woods.**—A good cleaner for any soiled varnished, shellacked, painted, or oiled surface.

1 qt. hot water 3 tbsp. linseed oil 1 tbsp. turpentine

Mix oils well with the water. Wash wood with cloth wrung out of this solution. Rub dry with another clean dry cloth.

#### Oil Polishes

All of these homemade preparations are harmless to wood finishes and actually serve to preserve them. They are equally appropriate for use on floors, wood furniture, and woodwork having similar finishes.

**Oil Polish No. 1.**—Equal parts linseed oil and turpentine.

**Oil Polish No. 2.**—Equal parts linseed oil, turpentine and vinegar.

**Oil Polish No. 3.**—One part raw linseed oil, 2 parts turpentine, plus a little melted beeswax.

**Oil Polish No. 4.**—One part motor lubricating oil, 8 or 10 parts kerosene or gasoline.

To use these four polishes, treat dust cloths or mops as directed under "Equipment."

#### Homemade Wax

While there are good paste and liquid waxes on the market, it is often practical to make these at home.

**Wax No. 1.**— $\frac{1}{4}$  lb. beeswax and  $\frac{1}{4}$  lb. paraffin melted together in a quart jar or can set in hot water. Remove from fire, fill jar with turpentine, and stir frequently until cooled to a paste.

**Wax No. 2.**— $\frac{1}{4}$  lb. beeswax, 1 lb. paraffin,  $1\frac{1}{4}$  pts. turpentine,  $\frac{1}{4}$  pt. raw linseed oil. Melt waxes, remove from heat, and add turpentine and oil. Stir well.

**Wax No. 3.**— $1\frac{1}{2}$  lb. beeswax or  $\frac{1}{2}$  lb. paraffin or  $\frac{1}{4}$  lb. each wax;  $\frac{1}{2}$  pt. turpentine,  $\frac{1}{4}$  pt. denatured alcohol. Prepare as directed for Nos. 1 and 2.

When using these or other waxes on floors, furniture, or wood-work, apply a very small amount with a soft cloth, allow to dry about 30 minutes, then rub with the grain of the wood until no free wax remains and a sheen results.

### METHODS OF CLEANING

Methods and materials for doing certain cleaning jobs vary quite a bit. Select those which accomplish a desired result quickly and easily, without harm to the article being cleaned, and at a minimum expense. The factor of safety to the worker must not be overlooked. Exercise proper care and caution when using inflammable materials or poisons.

#### Bathroom Fixtures

##### Wash bowl and tub—

1. Whiting and kerosene; wash with soap, rinse, dry.
2. Whiting and trisodium phosphate, equal parts; rinse and dry.
3. To remove rust stains: 1 tsp. oxalic acid (poison) to  $\frac{1}{2}$  cup water; apply to stain, wash thoroughly.

##### Nickel, brass, or chromium fixtures—

1. Wash with warm, soapy water; rinse and rub dry.
2. Use whiting or other fine abrasive if scouring is needed.

##### Toilet bowl—

1. Flush, wash with hot soap suds or washing soda solution, using long, handled brush, flush again.
2. Trisodium phosphate—put small handful in bowl and let stand overnight; wash, flush.

#### Closets and Cupboards

These should have their contents removed and be overhauled, at such intervals as may seem necessary for keeping them in good order. If the walls and shelves are smoothly finished with enamel or varnish, they may be washed readily. This is the most satisfactory method for cleaning closet interiors. Dresser drawers should be similarly treated. Use mild soap suds or ammonia; wipe dry.

### Curtains

Wash sheer window curtains frequently enough to prevent dust rotting the material away. Soak in water to which has been added 2 tbsp. kerosene to a gallon of water. Wash in warm suds, using a neutral soap. Do not rub fabric but squeeze suds through; rinse well.

1. Put on stretchers to dry, or
2. Hang curtains while still damp on their rods; pull them into shape and smoothness. Run a rod through lower hems to weight them down as they dry, or
3. Fold the curtains carefully lengthwise, then iron dry.

### Draperies and Slip Covers

These may be laundered or dry-cleaned, depending upon the kind of fabric and fastness of colors.

Washable fabrics may be laundered in warm water with neutral soap and carefully ironed.

Non-washable fabrics, or doubtful ones, can usually be dry-cleaned satisfactorily. Heavy materials or large articles should be sent to a cleaning establishment, since the lack of adequate home equipment or the amount of cleaning fluid necessary makes that a more practical and economical plan.

### Floors

General care of finished floors consists of sweeping with a soft floor brush or a broom, and dusting with a ready-made or home-made mop.

Different types of floor finishes require variations in the manner of doing more thorough cleaning.

Oiled floors should be dusted with a slightly oiled mop. For a more thorough cleaning, wash with warm soapy water, rinse, and dry; then wipe with oiled cloth or mop.

Painted floors may be dusted with a dry or an oiled mop. They may be cleaned by wiping with a damp cloth, let dry, and rubbed with oiled cloth or mop. Very soiled floors may be washed with warm soapy water, rinsed, dried, and polished. Avoid using strong soaps or alkali, or allowing water to stand on floor. If painted floor is kept waxed, follow directions for waxed floors.

**Varnished or shellacked floors** may be kept clean and polished ordinarily by wiping with a slightly oiled mop or cloth. If the floor is very soiled, clean with a cloth or mop wrung out of warm soapy water. Wipe dry at once; re-polish with an oil polish or with a paste wax.

**Waxed floors** should be cared for with floor brush, mop, or soft cloths, always free from oil. A slightly soiled waxed floor can be brightened by wiping with a cloth dampened with turpentine or kerosene. Very soiled waxed floors can be thoroughly cleaned with turpentine, kerosene, or gasoline. They may be washed instead with a cloth wrung out of warm soapy water and dried with a clean soft cloth.

After a thorough cleaning, the floor should be rewaxed by applying a thin, even coat of paste wax, allowing it to dry about 30 minutes, then polishing it vigorously. Use a weighted polisher or a woolen cloth over a brick.

#### Floor Coverings

**Wool Rugs.**—A soiled rug can be cleaned of dirt and dust by washing with soap and water, provided a test on an inconspicuous corner proves the colors fast.

**To clean rug.**—With a little warm water whip into a soft suds a small amount of previously prepared soap jelly. Apply suds to small section of rug at a time, using a brush in a circular motion. As each section is cleaned, rinse off thoroughly with soft cloth or sponge wrung out of warm water. Change rinse water frequently. Dry rug quickly. When dry, brush well with the nap.

Linoleum is cleaned according to kind and finish.

**Polished linoleums** are easier cleaned if kept finished with slightly thinned spar varnish. Clean as directed for varnished and shellacked wood floors.

**Inlaid linoleums** are usually waxed for protection; apply home-made wax as directed for woods. The care of waxed linoleum is the same as waxed wood.

#### Furniture

**Wood surfaces of furniture** are kept in condition by dusting thoroughly with clean lintless cloths. The duster prepared as previously directed under "equipment" removes dust more completely than a dry cloth and helps to preserve the finish.

To remove greasy film or foggy appearance from oiled, varnished, or shellacked furniture, use oil cleaner as directed under "materials."

**Scouring Liquid** (for removing gummy film)—

$\frac{1}{4}$ cup fine pumice	$\frac{1}{2}$ cup turpentine
$\frac{1}{2}$ cup linseed oil	cup alcohol
2 tbs. oxalic acid crystals	cup water

Mix in a jar or bottle. Shake before using. Apply with soft cloth, removing all traces with clean, soft cloths. Polish with piece of flannel or chamois.

Painted, enameled or lacquered furniture can ordinarily be cleaned by dusting with a dry, slightly damp cloth. Warm, soapy water with a very little ammonia may be used for more soiled surfaces. Rinse and dry.

Upholstered furniture needs frequent brushing, watching all grooves and cracks especially lest it become moth infested. Much dust can be removed sometimes by covering the piece with a damp cloth, then beating gently with a flat beater. The cloth will catch the dust. A more thorough cleaning can be given upholstery fabrics, which have been tested for fastness of color, by following directions given for cleaning wool rugs. Carbon tetrachloride may be used to dry-clean fabrics which cannot be washed.

**Leather.** Make very thick suds of mild soap. Add a little alcohol and linseed oil. Wring a cloth out of this solution and go over the leather, a small portion at a time. Be sure that the edges of the cleaned parts overlap. Wipe dry with a clean, soft cloth. When dry, go over it with a slightly oiled cloth, taking care not to leave any excess oil.

### Walls

Walls, both painted and papered, can be kept free of dust with a wall brush or a covered broom. Light strokes should be used. A bag made of cotton flannel outing or any soft heavy material can be slipped over the broom and tied on securely by a tape run through a narrow hem; washed frequently this is even more satisfactory than some wall brushes.

Painted walls can be washed with mild soap and water; rinse with clear water; wipe dry. If walls are very soiled, add a little turpentine or household ammonia to the soapy wash water. After painted walls are washed, they may be protected by a coating of very thin laundry starch applied with a wide brush. When the wall becomes soiled, the starch is washed off and renewed.

**Papered walls.**—Varnished or washable wallpapers may be cleaned by wiping with cloth wrung out of clear lukewarm water and drying with a clean cloth. A little mild soap may be used if really needed.

Other wallpapers may sometimes be cleaned satisfactorily by using a prepared wallpaper cleaner or this homemade one:

1½ cups flour	2 tsp. vinegar
¼ cup warm water	2 tsp. ammonia
2 tsp. salt	1 tsp. kerosene

Mix flour and salt together, add all liquid ingredients, and cook in a double boiler until all raw starch has disappeared. Stir as long as possible, then cut and fold until cooked; remove from kettle and knead in the hands a moment until the mass is elastic; place in a covered can until cooled. Use as any other wall dough is used, cleaning one strip at a time, and folding dough over as the surface becomes soiled. If each strip cleaned is slightly overlapped, streaks will be avoided.

**Calcimined walls** cannot be cleaned but must be re-calcimined when soiled.

#### Woodwork

The cleaning of woodwork may be done according to its finish by any of the methods and materials already described for floors, furniture, or walls having the same kinds of finish. Another cleaner used often for varnished woodwork consists of equal parts of hot water, kerosene, and vinegar. After being wiped with cloth wrung out of this mixture, the woodwork must be rubbed dry with a clean dry cloth.

#### Windows and Mirrors

These are best cleaned with substances other than soap. A little ammonia, alcohol, kerosene, or washing soda added to warm water is more satisfactory. Clear alcohol is excellent, especially in cold weather, but too expensive for ordinary use. Lintless cloths or chamois should be used for polishing glass dry. Light cleaning may be done by rubbing with soft paper.

Dry cleaning may be done by applying to the glass a thin paste of whiting or commercial cleaning powder and water. Allow to dry, then rub off with soft cloth. This makes a gloss shine but is a dusty process and should precede other cleaning in a room.

Paint may be removed by scraping or softening with turpentine.

### TO MAKE CLEANING EASY

**Provide good storage spaces** for keeping things. Rooms are much easier to keep in order if there are adequate places for all kinds of articles which otherwise tend to clutter up.

**Prevent dirt in the house** by keeping a well grassed yard and having good walks; use door mat at each outside door and a metal bootscraper for removing mud; have muddy shoes cleaned outside; clean window and door sills, porch, steps, and walks frequently.

**Eliminate dust collectors** wherever possible. Discard unnecessary small articles or bric-a-brac; avoid grooved and elaborate woodwork or furniture, rough finished walls, superfluous drapes or hangings; fill cracks in floors.

**Seek family cooperation** in all efforts to keep the house in a condition which gives comfort and pleasure to all.

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comparison of the different types of floor finishes was given, bringing out the advantages and disadvantages of each. Pieces of flooring that had been finished with floor seal, varnish, shellac and oil were exhibited at each meeting.

The details of care of floors were also brought out and the use of the desired equipment to use in doing this job was demonstrated by the home demonstration agent. Outlines for daily, weekly, and seasonal care were made. Twelve families have finished their floors since October. Eight used varnish and four used floor seal, and they have found that the housekeeping job is much easier with finished floors.

## b. Furniture Clinics

### 1. Refinishing

The refinishing clinics were held because of interest created by clinics held last year. These clinics are a community wide affair. The people of the community bring the pieces of furniture they wish to refinish. We all work together removing the old finish. Of course such paint and varnish remover, steel wool, and sand paper are used. As most of the pieces refinished were of good hard woods a natural finish was our choice.

Some of the outstanding pieces finished include a handsome walnut chest of drawers (this piece is over 100 years old) chairs, a love seat, and a marble top table. The refinishing brings out the beauty of the old pieces and increases our appreciation for them. Most everyone that refinished a piece of furniture in a clinic has other pieces at home to be refinished. We hope to interest other members in these families in helping do the other pieces in the home.

## c. Construction

### 1. Stenciling

One of the most popular programs that the Home Demonstration Clubs have had this year is that of "stenciling fabrics." This has been a means through which we have added color to our home by stenciling designs on table linen, curtains, towels, pot holders and other household articles. Twenty of the Home Demonstration Club leaders attended the leaders' training meeting held by the home furnishing specialist. The leaders in turn gave the demonstration in their home club. Seventeen such demonstrations were given in February and each club owns a stenciling set. To date the reports show that four hundred forty two articles have been stenciled. However, plans are being made in seven groups to have a special meeting to stencil articles for Christmas gifts.

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## 2. Buying Household Linens

Since household linen can again be found on the market and since replacement in many homes is a necessity, the home demonstration club members have shown a marked interest in studying points to be considered when buying sheets, blankets, pillow cases and towels. Samples of different quality of sheets and towels found on the market were studied by each group while other buying points were brought out.

A study of labels from blankets, towels, sheets and pillow cases was also made. The care, laundry, and storage of these household linens were other points brought out in the discussion. Although 95% of the club women need some replacements in house old linens, they plan to wait until January to make their purchases.

## 4. Home Management

### a. Kitchen Insulation

Now that materials are available many of our farm families are interested in improving their housing and making the home more livable. Seventeen Home Demonstration Club meetings were conducted on Kitchen Insulating.

Samples of the different types of insulating materials were exhibited and their use was discussed in detail. The government bulletin "Insulating the Home" was distributed to each club member.

Following the demonstration on insulation, a demonstration and exhibit of permanent floor coverings was given.

Twenty eight of the club members are either insulating their new home or insulating the home they already have. The insulating materials are being used widely in the homes that are installing bathrooms in old houses. Ten club members have used this in the last three months.

## 2. Federation Goal

Safety was selected by the County Home Demonstration Committee for the Federation Goal because more accidents occur on the farm and in the homes than anywhere else. We were made conscious of having many safety hazards in our surroundings that we were not doing anything about by a club scavenger hunt conducted in each of the seventeen clubs by our Federation Goal Chairman. The leader had us look around the home, yard, and the immediate surroundings of the home and list the hazards we found.

This called our attention to many hazards that each of us had in our own home and did nothing about. The next month we had a report from each member on the number of hazards removed from her own home. By the use of the government bulletin "Accidents on the Farm" and posters we were made safety conscious. Each club member was asked to remove at least one hazard per day for each day of the National Safety Week. According to reports 2,318 safety hazards were removed from our farm homes.

### 3. Other Activities

#### a. Cooperating with Other Agencies

The extension workers work closely with other organizations as we feel that more good can be accomplished through cooperative effort.

Through the cooperative effort of the local chapter of the American Red Cross and the home demonstration club leaders ten adult classes and three "in school" classes in Home Nursing have been taught in our county. The home demonstration club leaders organized the classes and the local chapter of American Red Cross furnishes the nurse that teaches the classes. Seventy eight home nursing certificates have been awarded to adults and seventy four certificates have been awarded high school girls completing thirty hours of classroom work in home nursing. The home demonstration club members help the groups assemble the nursing equipment for the classes and help the nurse in any way possible. (See news articles below)

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The Hillville Home Demonstration Club has cooperated with "Save the Children Federation" and wrapped Christmas gifts for the children attending the schools sponsored by the organization.

The Tuberculosis Association finds the extension workers and club leaders most cooperative in informing the rural people of chest X-rays clinics being held in the county.

#### b. Community Projects

The Home Demonstration Clubs work on a community project in addition to their regular program of work. The Cocon Mines Home Demonstration Club selected "Establishing a Community Club House" as their community project. An abandoned room that was back of the community store was chosen for the club room. The club members sold coffee, sandwiches, doughnuts and candy at entertainments to raise money to buy necessities for the club room. Each club member did his share in cleaning up the room. Now the club room is spic and span and most attractive. It has been painted and the floors finished. Last week new shades, curtains, and draperies were hung. A small stove was recently purchased to supply necessary heat. As there is no church in the immediate community, the club room is now being used for a young peoples Sunday School classroom.

The Gladesboro Home Demonstration Club also has an interesting community project, that of enlarging the parsonage in their community. To raise money for this expensive undertaking, the club members donated food and served a chicken dinner on a Saturday night. Entertainment for the occasion was furnished by the children of club members. A bazar was also held on the same occasion, at which articles made by club members and donated were sold. This dinner and bazar brought the club \$180.00 and now two additional rooms are under construction to the parsonage.

#### 4. Leadership

There are eighty six executive officers that carry on the county extension program. The club presidents are trained by the chairman of the county home demonstration committee to preside at meetings and carry out their other duties as presidents. The vice-presidents, secretaries, devotional leaders and treasurers receive help from the home agent from time to time. These officers have given 346 days of their time in 1948 to their extension program.

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The thirty four project leaders are trained on a county wide basis to give special demonstrations. The leaders are trained by the home agent or by a state specialist and the leaders in turn give the demonstration to their club folks in their community in the absence of the home agent. The leaders have had three training meetings and they have given twenty three demonstrations in local club meetings.

#### B. Other Means of Reaching People

In an effort to reach more people in our county with the extension program, we are using the press, special meetings, home visits, and any other tool at hand. News stories are published in the county paper that tell of the type of work being done as well as outstanding work being done by clubs or club members.

From time to time special meetings are held in which the extension workers will help a group on a special problem such as "iring" or "Home Lighting".

Each home demonstration club member has adopted two non-club members to take information to; thereby, sharing the information she receives in home demonstration club meetings and extending the scope of their extension program.

#### V. Work with Youth

##### A. 4-H Clubs

##### a. Typical 4-H Club

St. Paul 4-H Club is typical of the 4-H clubs in our county. This club has thirty two members and an adult leader. The age range of the members is ten to fifteen years.

The club organization is set up by the club members. It is composed of a president, vice president, secretary, treasurer, song leader, recreation leader and junior project leader.

The club meets once each month and the officers conduct the meetings. This year the club selected the project "So You'd Like to Sew and "House-keeping". A copy of this worksheet is enclosed on following page. This group selected learning to sew because they wanted to sew and realized that this was their only chance for some time to learn this skill as their mothers do not sew. The worksheet shows the different things undertaken

Dr. Paul Lee Club



# MV 4H WORKSHEET

for  
Housekeeping  
PROJECT.



my name is \_\_\_\_\_

Mo.	This is what I am to do each month	This is what I did
May	Care of Room	
June	Washing the bed	
July	Set the Table Out Table sets	
August	Finish sets	

Bring this sheet to club meeting to complete record book.

Wrote by  
Pauline L. Hughes/bp  
August 25, 1946

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING



# MY 4H WORKSHEET

for \_\_\_\_\_  
PROJECT



my name is \_\_\_\_\_

Mo.	This is what I am to do each month	This is what I did

Bring this sheet to club meeting to complete record book.

Revised by  
Harris L. Hughes/bp  
August 23, 1946

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING



St. Paul 4-H Club



# MY 4H WORKSHEET

for **PROJECT**

selected like to sew  
my name is \_\_\_\_\_

Mo.	This is what I am to do each month	This is what I did
Sept.	Set up Club Organization Make Plan of Work	
Oct.	Make a Towel (Bring sewing box, and 2/3 yd material)	
Nov.	Finish Towel	
Dec.	Make Scarf (fringe)	
Jan.	Cut out Apron	

Bring this sheet to club meeting to complete record book.

Haliza L. Hughes/tp  
August 23, 1946

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING



# MY 4H WORKSHEET

for \_\_\_\_\_ PROJECT



my name is \_\_\_\_\_

Mo.	This is what I am to do each month	This is what I did
Feb.	Finish apron	
March	Make Handkerchief or Complete unfinished articles	
April	Complete Record Exhibit articles made	

Bring this sheet to club meeting to complete record book.

Wrote by  
Paula L. Hughes/tp  
August 23, 1946

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
VIRGINIA POLYTECHNIC INSTITUTE AND U. S. DEPARTMENT OF AGRICULTURE COOPERATING

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at each club meeting. In addition to this the club selected a community project of improving their school room. Through the sale of various articles the club now has \$15.00 that the group plans to invest in shades.

This club is outstanding in that it has 100% project completings for two years. This includes a written record of work done and an improvement record.

## 2. Project Work

### a. Program

The Carroll County 4-H Club program was set up for 1948 after the 4-H Club leaders and the home agent studied the needs of the 4-H Club girls. After the study was made a discussion of projects was held with the club members. The final selection was made by the club members.

### b. Subject Matter

The projects carried by 4-H Club members this year are: canning, housekeeping, food preparation and clothing.

### c. Canning

Food preservation still "stands in front" in importance from the place it holds in providing food for the family table and also in teaching the girls good canning technique. Each girl made a written plan of work and a family canning plan. After the demonstrations given by the club leader, the members are able to use the "boiling water bath" for canning fruits and the pressure cooker for non-acid vegetables and meats. In addition to the demonstrations the home agent used posters and government canning bulletins as tools in teaching.

Each club had a canning exhibit from which the club winners were selected. This also gave the judging teams experience in judging canned food. One hundred sixty eight girls were enrolled in the project and they reported 12,855 quarts of food canned.

### d. Food Preparation

A small club of twenty eight girls all chose to take the food preparation project this summer. The home agent and club leader worked closely with the group and trained them to follow basic patterns in preparing foods such as eggs, green vegetables, root vegetables, white sauce, custards and cakes. The girls carrying this project planned 112 meals. They also prepared 246 dishes as practice work.

Pictured below is a team demonstration given at our local club meeting and in the area contest in Food Preparation. For the district contest, one girl prepared to give a single demonstration. This was valuable experience for the girls in that it gave them confidence in their own ability and rewarded them for doing an excellent piece of work.

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e. Clothing

Clothing is a popular 4-H Club project with the 4-H girls in our county. The "Learn to sew" project is described in Section a under V.

The more advanced club members prefer the project of "Make or Remake Clothing." This project includes such things as inventorying their wardrobe, wardrobe planning, studying fabric, selection of fabric, selection of patterns, the use of patterns, the use of guide sheet, patterns, construction work and finishes. Below are two pictures of dresses made by the girls that are modeling them. Also the news article below tells of the special project of making evening dresses by the Leesburg Senior 4-H Club. The 131 girls enrolled in clothing projects during 1948 reported the completion of 958 new garments.

3. Leadership

Seven of our eleven 4-H Clubs have adult leaders. These leaders serve as councilors for the executive officers of the club. They give demonstrations to the groups in the absence of the home agent and help individuals with their project work.

In the communities that have both a junior and senior club, leaders are selected from the senior club to serve as leaders for the younger groups. They also help individuals with their club problems.

The organization leadership has already been described in Section a under V.

VI. Evaluation of 1948 Program

The Home Demonstration Program has contributed much through maintaining its organization through which health and other worthwhile programs have been channelled.

Through cooperation with the Red Cross nearly 200 ladies throughout the county have had the advantage of Home Nursing classes this year. This gives these groups such training as medical service is very limited in the county and nurses are not available.

The December program on "Hospitalization" had made us more conscious of this as a need in present day living.

The Home Demonstration Club program as a whole has made a definite contribution in the development of leadership, raising standards in everyday living, and in helping the people of Carroll County help themselves.