

**REPORT FILES**  
OFFICE COOPERATIVE  
EXTENSION WORK

VIRGINIA

GIRLS' CLUB LEADER	ANNUAL REPORT	1938
Index		Page
* 1 e 2.1	Community Clubs - Programs.....	51-53
1 e 6.8	Recreation Institutes.....	39
* 1 e 3	4-H Community Activities.....	9
4 h 1.2	Poultry Clubs.....	26-27
5 d 2	Clothing Contests - Junior.....	18a
* 6 a 2.213	Advisory Committee - 4-H Club.....	6,44
* 6 a 2.42	Local Leaders - Junior Work.....	31-33,47,48
* 6 a 2.62	JUNIOR COUNCILS	6-7
6 a 2.5	Adult Clubs.....	37
* 6 a 2.6	Junior Clubs.....	8-9,16
6 a 2.65	Standards.....	13-15,17
6 a 2.66	Student Loan Fund.....	51
6 a 2.7	Older Boys and Girls.....	3-5,36,39-42
6 b 2.33	4-H Club Program.....	16-17
6 e 5.9	Public Schools.....	10
6 f 4	Supervisory Programs.....	2
6 f 5	Reports and Records.....	18
6 g	Field Studies.....	5,12,11,13
6 h 1.322	Camp - Junior.....	43-45
* 6 h 1.332	Junior Short Courses.....	45-50
6 h 1.39	Group Discussion.....	47
6 h 2.7	State Extension - Publications.....	50
6 h 2.8217	Junior Story - Poultry.....	27
* 6 h 3.232	Judging - Junior.....	18,21

ANNUAL NARRATIVE REPORT

GIRLS' 4-H CLUB WORK

VIRGINIA

1938

Project 4

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State Girls' Club Agent

*No. of 4-H Club in the State  
Richmond*

Cooperative Extension Work in Agriculture  
and Home Economics

## TABLE OF CONTENTS

	<u>Page</u>
Introduction	1
<b>I. ORGANIZATION</b> .....	<b>1</b>
1. Scope of Work.....	1
2. Policies.....	1
3. Personnel and Duties.....	1
<b>II. SUPERVISORY PROGRAM</b> .....	<b>2</b>
1. Plan of Supervision.....	2
2. Factors Determining the Supervisory Program.....	2
3. Summary of Supervisory Program and Accomplishments.....	2
4. Resume of Field Work.....	4
5. Other Work.....	4
<b>III. PROGRAM DEVELOPMENT</b> .....	<b>5</b>
1. State Program.....	5
2. Revised Program for Girls.....	5
a. All Round Development of Girl the Big Objective.....	5
b. How Made.....	5
3. County Program Made by Club Officers.....	6
4. Community 4-H Club.....	7
a. Members Make Own Plans.....	7
b. Organization of Local Club.....	8
c. Community Activities.....	9
5. Enrollment.....	10
a. Work Increases.....	10
b. Locating Clubs in Local Communities.....	10
c. Rural Girls Reached.....	13
6. Age of Members.....	13
7. Tenure of Membership.....	14
<b>IV. PROJECT ACTIVITIES</b> .....	<b>16</b>
1. The Project Program.....	16
2. Steps in Building the Project Program.....	16
a. Local Club Takes Action.....	16
b. Local Club Completes the Plan.....	17
3. Information to be Given Members.....	17
4. Suggested Standards for a Club Member for One Year of Project Work.....	17
5. Evaluating Results.....	18
6. Judging.....	18
7. Contests.....	18

	Page
8. Food and Nutrition.....	20
Member Demonstrations.....	20
Meal Planning.....	20
Better Foods Score.....	20
Judging.....	21
Fun Occasions.....	21
Canning.....	21
School Lunches.....	22
Health.....	22
9. Clothing.....	23
Emphasis.....	23
Accounts and Budgets.....	23
10. Home Improvement.....	25
Purpose.....	25
Accomplishments.....	25
11. Garden and Poultry.....	26
a. Gardening.....	26
b. Poultry.....	26
V. VOLUNTEER LOCAL LEADERSHIP.....	31
Increase noted.....	31
Plan for Leader Training.....	32
Agreement Between Leader and Agent.....	32
Leader Manuals.....	33
County Association of Leaders.....	33
State Association of Leaders.....	33
VI. WORK WITH YOUNG PEOPLE.....	36
1. Staff.....	36
2. Organization.....	36
3. Cooperation of Home Demonstration Clubs.....	37
Local Women Make Youth Surveys.....	37
4. Programs.....	38
Choosing a Vocation.....	38
Institute for Rural Young People.....	39
5. Research.....	39
6. Some Results.....	39
VII. GENERAL ACTIVITIES.....	42
1. Health Program.....	42
Health Contests Discontinued.....	42
2. Achievement Days.....	43
3. 4-H Club Camps.....	43
Camp Training Meetings for Home Demonstration Agents.....	44
County 4-H Councils Conduct Camps.....	44
Assistance at Camps.....	44
Program.....	44

	Page
State 4-H Club Short Course.....	45
The Program.....	46
a. Discussion Groups.....	46
b. Social Recreation.....	46
c. State Leaders' Conference.....	48
d. The All Star Chapter.....	48
e. Special Features.....	49
4. Publicity.....	50
5. Cooperation State Federation Home Demonstration Clubs.....	51
6. Recreation.....	51
a. Training.....	51
b. Recreation Integrated in Community Programs.....	51
c. Recreation Projects.....	53

#### VIII. SPECIAL

1. Assistance Needed from Federal Extension Office.....	53
Specialist Help.....	53
2. Publications.....	53
3. Outlook.....	54
More Leaders.....	54
Relocate Clubs.....	54
More Work with Those Isolated.....	54
Expand Work with Older Youth.....	54
Continue Cooperation with Vocational Home Economics.....	54

## INTRODUCTION

This report embraces the work of all 4-H club girls under the supervision of the 65 county home demonstration agents (57 white and 8 negro). There were 18,655 members conducting 43,459 projects with 75.9 percent project completions. These members were reached through 882 clubs organized in the 65 different counties with home agents. Only through the service of the 1503 volunteer leaders has it been possible for the home demonstration agents to expand the program and to improve the standards of work. There was an increase of 710 in enrollment of girls over 1937, which means that we are now reaching 16 percent of the available girls of club age in the counties with home demonstration agents.

A most gratifying development with the girls has been their growing appreciation of the importance of making and keeping inventories, budgets and accounts. A total of 16,771 girls followed this practice. These were in addition to the project reports required of all girls. This is a real contribution in helping homemakers to realize the importance of business methods in the home.

Progress has been made in the realization on the part of Extension Agents, of the need for a program for the older youth. Experiments in several counties have given a basis for methods and programs, and further development is under way. For the first time an Institute for Older Youth was held in the state.

## ORGANIZATION

### 1. Scope of Work

The Virginia Home Demonstration Program embraces all work for women and girls conducted by white and negro home demonstration agents. The 4-H club program for girls is the junior division of this program and is considered of equal importance with the women's work. The home demonstration agent divides her time equally between the women's work and the girl's work.

4-H club work was conducted by white home demonstration agents in 54 counties for the entire year and in three counties for part of the year. One county was dropped and two new ones added during the year. Negro home demonstration agents conducted 4-H club work in eight counties for the entire year. This makes a total of 65 counties with home demonstration agents conducting the 4-H club program for girls.

### 2. Policies

The entire staff, state and county workers, divide their time equally between the women's and girls' programs. The two phases of work are so closely related that they are kept as one program. This has undoubtedly made for a stronger home program and for the harmonious relationships of all workers in developing the home demonstration program in the state.

The 4-H club in Virginia is composed of both girls and boys, and is under the joint supervision of the county farm and home agents, who are responsible for all club activities in the county. The home economics projects for girls are only conducted in counties with home demonstration agents. However, girls may enroll in the agricultural projects conducted by farm agents, whether a home agent is in the county or not. Some boys enroll in poultry and garden projects conducted by home agents. This usually happens where the farm agent is not doing club work.

### 3. Personnel and Duties

#### (a) Personnel

The staff for home demonstration work is composed of the state home demonstration agent, the state girls' club agent, five district agents, three full time subject matter specialists in clothing, food and nutrition, and home improvement, and one part time specialist in landscape gardening, and 66 county home demonstration agents.

#### (b) Duties

The State Home Demonstration Agent is the administrator and <sup>Supervisor</sup> directs the entire home demonstration program. The State Girls' Club Agent is an assistant to the State Home Demonstration Agent and is in charge of the 4-H club work for girls. Her work is largely that of organization specialist, working both in an advisory and supervisory capacity in planning and developing state wide programs, in analyzing methods and results, and in training both agents and local leaders. In accordance with a cooperative arrangement with the State College of Agriculture, the State Girls' Club Agent gives one-eighth of her time to teaching Extension Methods to home economics students majoring in home demonstration work. There is a State Boys' Club Agent in direct charge of the boys' work. The two state agents are jointly responsible for development of the club program for the state.

The work of the district agent is strictly of a supervisory nature. The subject-matter specialists are responsible for the propagation of subject matter, the training of local leaders and in assisting the agents in developing county programs. Assistance is also given by the agricultural extension specialists in their respective fields.

The county home demonstration agent is in direct charge of home demonstration work in her county and, therefore, is responsible for the home economics program for girls in the same manner that the farm agent is responsible for the agricultural program for boys. (Both are jointly responsible for the county 4-H club program which includes all 4-H club activities.)

## II SUPERVISORY PROGRAM

### 1. Plan of Supervision

It is the policy of the State Girls' Club Agent to visit each county at least once during the year to review the situation with the agent, to suggest methods, and outline long time goals towards which the club program may be developed. Assistance is given the agents in 4-H leader training and county council work, making programs for 4-H camps and special club events such as Achievement Days and exhibits. She also plans and supervises all state 4-H events and makes arrangements jointly with the State Boys' Club Agent, for all out-of-state trips and issues the monthly club paper, which is sent to all 4-H club members.

### 2. Factors Determining the Supervisory Program

In planning the supervisory program, consideration was given to the assistance available for 4-H club work from the home economics specialists and district home demonstration agents, and to the specific objectives of the state program for the year. Arrangements were made for each home economics specialist to give three days to each county majoring in her field to assist in leader training work. In conference with each district home demonstration agent, the needs of each agent were discussed and the assistance needed from the State Girls' Club Agent outlined.

In executing the state program there were five major phases of work to which the State Girls' Club Agent gave major portions of her time. These are here listed with a brief statement of results. A full discussion is included in the State program.

### 3. Summary of Supervisory Program and Accomplishments

<u>Objectives</u>	<u>Accomplishments</u>
a. Continue cooperation with State Department of Vocational Home Economics to develop policies that will prevent duplication.	Joint conference held with State Department of Education Vocational Supervisors and state administrative officers of the Extension Service, at which agreement was made that 4-H club girls enrolled as home economics students in high schools with vocational departments would not be offered 4-H club work. Frequent conferences with vocational supervisor and teachers in Augusta County to develop a plan that might be used as a demonstration. Due to change in agents this project was handicapped. However, cooperation is continued.

Objectives	Accomplishments
b. Expand work with rural young people 16-25 years.	<p>Assistance was given agents in eight counties through conferences and committees of young people, and in addition discussed procedures with all agents in small group meetings.</p> <p>A state conference was held for county delegates from older youth clubs at the State College of Agriculture in August.</p> <p>Cooperated with Youth Committees of State Federation of Home Demonstration Clubs. Assisted Loudoun County Federation of Home Demonstration Clubs in making a Youth Survey resulting in 1000 young people being interviewed and a county youth council started, and two young people's clubs organized.</p> <p>Cooperated with a former home demonstration agent in making a special study in four counties. This was material for a thesis, but the results are being used in these counties.</p>
c. Further development of the program for home economics project work.	<p>Manuals were prepared and the techniques of developing programs to meet local needs were given all home demonstration agents in small groups. This new program for girls called "4-H Family Activities Program" is an elastic one and in keeping with the newer developments in home economics education.</p>
d. Make leadership function more effectively.	<p>Manuals for leaders were revised and simplified as much as possible to make the leaders' work easier.</p> <p>Suggestions for leader training were provided all agents. Conferences (10) were held with the home demonstration agents in small groups to discuss plans for leader training and 4-H club organization plans. Emphasis was placed on training the agents to train their own leaders. Therefore the State Girls' Club Agent only assisted new agents. A state conference was held for leaders in July.</p>
e. Improve 4-H camp program.	<p>Training meetings were held in small groups for all home demonstration agents who were conducting county 4-H camps to discuss programs and methods. An exhibit of samples of suitable handicraft for camps was provided agents so that leaders and older club members could be trained to teach it. This exchange of methods between agents was of much help.</p>

4. Resume of Field Work

1938

Number visits to counties.....	35
County Achievement Day programs attended.....	2
County leader meetings attended.....	6
County 4-H club councils attended.....	2
4-H camps attended.....	3
Conferences with all home demonstration agents in small groups for training in 4-H methods.....	10
Training conferences all home demonstration agents conducting camps.....	2
Conducted state contest - home economics	
State Conference - Older Youth	
Tri-state All Star Conference	

Participation in Conferences Sponsored by Extension Service

National 4-H Club Camp  
State 4-H Short Course  
State 4-H All Star Conference  
State Federation Home Demonstration Clubs  
Southwest Virginia District Federation Home Demonstration Clubs  
Institute of Rural Affairs  
Board of Directors Jamestown 4-H Camp  
National Committee on 4-H Club Work  
Annual Conference - white extension workers  
Annual Conference - negro extension workers

Other Conferences

State and American Home Economics Association

5. Other Work

The State Girls' Club Agent divides her time about equally between office work and field work. Training the agents in methods of organization comprises most of her field work. A proportionate share of time is given to work with the negro home demonstration agents. Because of the increasing demands on the time of the State Girls' Club Agent, meetings of the home demonstration agents were held in small groups. This was found to be most effective because of the exchange of ideas. Although fewer days were given to visits to the agents in their counties, more supervision was given the agents by meeting them in small groups.

Report of Other Individual Activities

Days in field.....	118
Days in office.....	144
Days teaching at college.....	35
Days leave.....	11
Extension committee meetings attended.....	20
Short courses and camps attended.....	4
Letters written.....	1463
Circular letters prepared.....	11
Miles traveled by rail and auto.....	7222
Prepared 4-H Club Letter - monthly	12,792

### III PROGRAM DEVELOPMENT

#### 1. State Program

In determining the program for the year a critical study was made of the previous year's report and certain data from the Virginia school census and the United States census. This showed that there are 731,000 children of school age in Virginia. 14 percent of whom attend irregularly, with one out of every seven not even enrolled. Of this number there are out of school approximately 52,000 below 14 years of age and 300,000 between 14 and 24 years of age. It was also noted that there are 484 accredited high schools in the state and vocational home economics departments established in 312, with plans under way for home economics departments in the other schools.

There was an increase of 2.5 percent in the club enrollment of girls (18,555) over 1937. This means that we are now reaching 15.1 percent of the potential membership in the counties with home demonstration agents. In studying the ages of the members it was observed that the average age of club girls was 13 years, with 62 percent between 10 and 15 years and 28 percent 16 to 21 years. The average tenure of membership is 2.50 years and only 1798 club members were not enrolled in school.

From this analysis it is obvious that the club membership is made up almost entirely of those already in school and apparently very little is being done by any organization for the large group out of school. From this it was seen that emphasis should be directed during the year to:

- a. Revising the home economics program to meet the changes arising from the expansion of the vocational home economics work in the state.
- b. Reaching more of those out of school, both the younger group and especially young people 16 to 25 years of age.

#### 2. Revised Program for Girls

- a. All round development of girl the big objective.

Since club work was first organized the project has received the major attention. In the new program effort has been directed to balancing the program with more community activities and work along the line of leadership training, personal improvement, social adjustment and recreational opportunities. Participation in making programs for the local club and in all activities that will give experience in working with people is stressed. This is discussed further in the section on Community Club Activities.

Daily Routine of the Home Featured in the Home Economics Project Work - "4-H Family Activities" is the name given to the new program. This is developed on the unit basis and arranged so that one year's program grows out of the other. Cognizance was made of the developments in the enriched school curricula and of the vocational home economics work in the state so that there may be no duplication of subject matter or of activities. Club members, leaders and agents were most enthusiastic in their reception of it. Further discussion will be given under project work.

- b. How Made

Plans are made by the State Girls' Club Agent in cooperation with the state staff. The county home demonstration agents are consulted and op-

portunity given to make recommendations. The state program may be considered tools which the home demonstration agent and local club committees use in developing a program to meet the specific needs.

### 3. County Program Made by Club Officers

The County 4-H Club Council in cooperation with the county extension agents make the yearly plans for the county club work. The Council is composed of all 4-H club officers of all clubs in the county; leaders are ex-officio members. The purpose of the council is to make the county plan of work and to train the officers for their respective duties. This plan is made at the fall meeting of the Council, held before December 1, when the new year begins. Many counties have adopted the practice of having the executive committee of the Council make a suggestive plan of work previous to the council meeting to present to the council for its consideration. This allows more time to develop a program that will more nearly meet the needs of the county.

The officers of each club take the plans made back to the local club and incorporate them in the club plan of work. The Council holds a second meeting in late spring or early summer to check on the progress of the work throughout the county; to make detailed plans for county Achievement Day, to plan for completing the year's work; to select the home economics project in which the county is to major during the year, and to make plans for beginning the next year's work.

County Council Develops Leadership - All county 4-H events are planned and directed by the county council, and all county meetings presided over by the president of the county council. Developing the county program in this way results in the building of a stronger organization, with all clubs participating in more activities, (and in developing more leadership in the members and in building a more permanent organization.)

The officers of the local clubs are the potential leaders. The council serves as a medium through which these members may get the training which their office and the club program requires. Training is given in methods of determining club programs and making programs for monthly meetings; demonstrations; parliamentary procedure; song leading, recreation; and other lines of specific interest. Special attention has been given to conducting all council meetings according to parliamentary law so that they may serve as a demonstration of correct procedure for all clubs.

The Council has made a big contribution in raising the standard of club work and in providing new opportunities for further work. Financing the county club plan of work has always been one of the big problems. The councils are taking over this responsibility by making a budget and raising funds to meet it.

The accompanying account of the year's meetings of the Washington County 4-H Council is typical of the way the Council functions.

"The 4-H Council of Washington County met on December 11 with 30 members present, even if it was snowing and sleeting. The club presidents introduced their officers and gave a short report of the work done in their clubs. Following this, one of the clubs gave a demonstration on parliamentary procedure, which

gave thought for discussion. The Glade Spring Club installed their officers so that the other clubs might see how it was done. To complete the various ceremonies, the Barracks Club told of the requirements they set for their new members and gave a mock initiation. Mrs. Ab Shea, one of the 4-H leaders, led a discussion on "Building an Interesting Club Program". After lunching together, the program continued with group singing of new songs. Patty Shea and Ernest Yeatts gave very interesting reports on their trips to the National 4-H Congress at Chicago.

"Honor club requirements were set up by the council, and plans were made for sponsoring county-wide activities. It was decided that the county should have a spring rally in Abingdon, with a pageant in the morning put on by the various clubs, and the Correct Dress in the afternoon. Committees were appointed to see the Rotarians, Civitans, and Chamber of Commerce, in order that they might sponsor certain parts of the program. A carnival was planned to make some money to sponsor the county 4-H camp. After the election of officers the council adjourned to meet again in April.

"The Council held its second meeting in April. Mrs. Mabel Kreger delighted the group with her marvelous discussion on "The Values of a Good Hobby". Her talk was followed with an exhibition of hobbies which was very interesting. The committees made very favorable reports. The Rotary Club offered a trip to the State Short Course to each of the five girls who proved winners in the Correct Dress Contest. The Civitan Club offered a trip to a boy and the Chamber of Commerce gave fifteen dollars to be used to the best advantage. Part of this was to be used for prizes for the Correct Dress Contest. A committee reported that camp would be held the first week in June, and the expenses of each member would be \$4.75. (Each would be asked to bring supper for the first night.) Only girls who had their projects up to date would be eligible to attend. The pageant was discussed and all clubs were getting their parts ready. A committee reported on the Achievement Day at Bristol and told of the program planned by the Chamber of Commerce. The treasurer reported \$26.07 in the bank, \$23.00 of which had been cleared from the carnival. Approximately \$75.00 had been taken in, and after the expenses were paid, one-half went to the club sponsoring the booth and one-half to the Council. (The Council then adjourned.)

"The camp was held and the Council paid a deficit of \$18.00. The Rally Day seemed quite successful, as well as the Achievement Day. This group is a very vital part of the 4-H program and carries much of the responsibility of the county program.

Getha Jackson - Home Demonstration Agent"

#### 4. Community 4-H Club

The white county farm and home agents reported 1517 community 4-H clubs organized in 98 counties. The negro farm and home agents reported 433 community 4-H clubs organized in 38 counties. These 1517 clubs had a total enrollment of 39,897 members.

##### a. Members Make Own Plans

The program for each local club is developed by the members in cooperation with the leaders and county extension agents. Organization is on

a community basis with the 4-H club as the local unit and project groups within the club organized on an interest basis. The club year begins December 1 and ends November 30. At the November club meeting plans for the new year are discussed, officers elected and a plan of work and program committee appointed. This committee (usually the officers) attends the County 4-H Council meeting the last of November for training in program planning. Following this, the committee makes the club plan of work and programs for monthly meetings for the entire year and presents it to the club at the December meeting for adoption, subject to change. Thus, by the December meeting, each club has its plan of work and programs for monthly meetings completed with the officers and leaders trained to direct it.

In arriving at a basis for a club program, the committee surveys all types of activities for young people in the community. Special suggestions are given the leaders to help the members in analyzing the local club situation. This data is used as a basis in planning the year's work. This not only produces better programs, but also gives the members excellent experience in program making and in the mechanics of club organization. This procedure is explained in Mimeographed Circular No. 22,231-d. e. ee, attached to this report. Realizing the need for increased social and recreational opportunities, increased attention has been given to this. This is discussed under Recreation.

#### D. Organization of Local Club

In addition to the usual officers, each club has a song leader, cheer leader, and two or more adult leaders. Meetings are held monthly, though many clubs have two meetings a month. The program includes topics, discussions and features of interest to all members. Project instructions are given the respective groups at a different time. In the past most of the meetings have been held in the school, but this is not satisfactory; therefore, agents are being urged to have them meet in homes, club houses and community centers. Efforts are being directed to locate the clubs in the neighborhood where the children live, rather than in the large consolidated schools where the curriculum is crowded and where often the children's interests would be centered in a program away from their own community, since these schools represent several communities. The agents report that without exception, the best clubs are those which meet in their own communities.

This account of the Hickory 4-H Club gives an idea of how the club functions.

\*Hickory 4-H Club has a membership of eleven girls and ten boys making a total of 21 members. At the beginning of the year the officers were installed in a very impressive way, with the installation ceremony, each officer receiving a 4-H club sash or cap, as they were installed. The caps and sashes have been worn by the officers each month while conducting the meeting. A gavel and 4-H runner were purchased to be used at the monthly meetings, which were well conducted. A critic was appointed at each time to check on parliamentary procedure. At the February meeting an initiation program was held at which time each club member who was in good standing received a 4-H club enrollment pin.

"The club met once a month. The community club meetings were held in school, the project meetings were held in homes after school. Eleven girls completed their project work this year. Four club parties have been held, at which time twenty dollars was realized for the club treasury. All the club members have cooperated and worked well together on any project. The community project was the building of an out-of-door fireplace.

"The club appropriated money to send a boy to district camp, and a girl to state short course. Six members attended district camp and two attended state short course. The member who has done outstanding project work in the county this year and the member who was made an All Star are from this club.

Eric Lassiter, Norfolk Co. Home Dem. Agent"

c. Community Activities

This statement from the report of Miss Lake, Lee County Home Demonstration Agent, is rather typical of the situation in the majority of the counties in the state:

"The 4-H club fills a very definite place in the rural community in that it is a means of bringing the girls together for work and for recreation. The majority of the communities in the county provide very little, if any, organized activity for the young people. It is in this respect that the 4-H clubs are important."

Country girls and boys need opportunities for more cooperative effort. Therefore all clubs are urged to work on some community endeavor that will be of interest to every member. These are usually of an altruistic nature and have a definite appeal in that members like to feel that they are rendering a service. These endeavors embrace such activities as: Beautifying public buildings and grounds, securing and equipping club rooms, providing more recreation, supporting community libraries, visiting and helping those in the community who are in need, providing hot lunch at schools, cooperating with other organizations in special community projects.

The accompanying extracts from the home demonstration agents' annual reports give an idea of the contribution the 4-H clubs are making to their communities. The resulting interest which such effort produces serves as a boomerang to the members.

Lee County - "The community project in all the 4-H clubs was on Home and Roadside Improvement. This, as stated before, was in cooperation with the home demonstration club county campaign. Through the 4-H club, the county campaign reached at least one hundred homes which would not have been reached otherwise."

Fairfax County - "4-H club community projects varied greatly this year. Two clubs carried on a rat and mouse campaign in the school. They divided the clubs into two teams, bought traps for each team and ran contests; the losing side to serve refreshments to the winners. One of these groups caught over 100 rats and mice. Groveton Club kept the school yards clean during the year. Fairview Club canned vegetables for the school soup project and improved the com-

munity church grounds. Vale Club joined the home demonstration club in improving the community house grounds and in painting the house. Franconia Club refinished the school office. Fairfax Club gave a kitchen shower for the school lunch project, and Vienna, Baileys and McLean clubs bought song books.

"Most of the clubs combined their community recreation and money raising activities by giving 24 plays, 12 dinners, 14 bingo parties, picnics, weinner roasts, and game nights. Vale club cooperated with the home demonstration club in their money making suppers by serving the meal. Each girl made an apron with a 4-H emblem on it and served in their white aprons. They received one-third of the profits for this service."

Roanoke County - "4-H club members have many community projects. Some are carried on by the combined club; others are individual projects. The grounds of 19 schools are kept free of paper and other debris; flowers have been planted along the roadside; 35 baskets of food were given by the clubs on Christmas Day; at Easter, and on other occasions; a two-year community library project has been accomplished; one club has canned 40 quarts of food and has given 15 sugar and creamers to the Mercy House."

Madison County - "One 4-H club worked with two home demonstration clubs on a community center. The grounds were cleared, fireplaces built, and seats put in. The center is located near a school where playgrounds and water are available. Another club built a fireplace to improve the grounds in 1939. A number of the clubs visited the sick carrying fruit, books and flowers as community projects. One club bought baseball equipment and one club equipped a medicine cabinet for a school."

## 5. Enrollment

### a. Work Increases

There was a 5.2 percent increase in the enrollment of members working under the home demonstration agents over 1937. This is encouraging since it was feared that there would be a decrease because of the agreement between the State Extension Director and the State Superintendent of Education, that no 4-H club would be organized in high schools where vocational home economics and agriculture is being taught. This means that more work is being done with the younger members. The exact status of the club situation for girls in each county is given in the table on the next page.

### b. Locating Clubs in Local Communities

Approximately one-third of the clubs for white members and two-thirds of the clubs for negro members are holding meetings in local communities and not in school during school hours. Much emphasis is yet needed to get the clubs away from the large consolidated high schools where local needs can not be met effectively with members from so many different communities organized in one club. The agreement of State Extension Director and State Superintendent of Education concerning this should result in more clubs being organized in small neighborhood groups.

Number White Girls Reached by Home Demonstration Agents, 1937-1938

County	Approx. no. rural girls per co.	Number enrolled		Percent reached		Loss or gain
		1937	1938	1937	1938	
Albemarle	2447	692	781	28.3	31.9	+
Alleghany	2322	230	264	9.9	11.4	+
Amelia	549	171	186	31.1	33.9	+
Amherst	1679	279	410	16.6	24.4	+
Appomattox	751	201	201	26.8	26.8	
Augusta	4066	585	689	14.4	16.9	+
Bedford	2671	216	309	8.9	11.6	+
Botetourt	1612	327	356	20.3	22.1	+
Brunswick	1093	368	360	33.7	32.9	-
Buckingham	895	68	134	7.6	15.0	+
Campbell	2012	408	405	20.3	20.0	-
Caroline	851	-	27	-	3.2	
Carroll	3532	264	322	7.5	9.1	+
Chesterfield	2211	306	303	13.8	13.7	-
Dinwiddie	908	204	225	22.5	24.7	+
Essex	351	160	181	45.6	51.6	+
Fairfax	1939	569	476	29.3	24.5	-
Franklin	2695	196	207	7.3	7.7	+
Frederick	1363	248	206	18.2	15.1	-
Giles	1362	272	207	20.0	15.2	-
Goochland	486	190	95	39.1	19.5	-
Greene	676	301	297	44.5	43.9	-
Halifax	2787	402	433	14.4	15.5	+
Hanover	1173	135	202	8.7	17.2	+
Henrico	2499	565	373	22.6	14.9	-
Henry	1554	175	232	11.3	14.9	+
Highland	508	252	196	49.6	38.6	-
Ile of Wight	724	-	79	-	10.9	
James City	209	93	83	44.5	39.7	-
K & Q & King Wm	896	166	166	18.5	18.5	
Lee	3539	211	289	6.0	8.2	+
Loudoun	1729	190	224	11.0	13.0	+
Louisa	992	138	162	13.9	16.3	+
Madison	729	221	279	30.3	38.3	+
Mecklenburg	1931	459	461	23.8	23.9	+
Montgomery	2030	199	187	9.8	9.2	-
Nansemond	801	102	109	12.7	13.6	+
New K & Gh. City	288	140	150	48.6	52.1	+
Nelson	1412	276	248	19.6	17.6	-
Norfolk	1743	155	167	8.9	9.6	+
Nottoway	1000	209	195	20.9	19.5	-
Orange	1006	174	143	17.3	14.2	-
Powhatan	275	123	139	44.7	50.9	+
Prince Edward	836	113	104	13.5	12.4	-
Prince George	676	189	278	28.0	41.1	+
Prince William	1100	176	182	16.0	16.5	+
Pittsylvania	4727	201	326	4.3	6.9	+
Roanoke	3732	580	590	15.5	15.8	+
Rockbridge	1968	172	238	8.7	12.1	+
Rockingham	3251	115	121	3.5	3.8	+
Spotsylvania	830	292	302	35.2	36.4	+

**Number White Girls Reached by Home Demonstration Agents, 1937-1938**  
(continued)

County	Approx. no. rural girls per co.	Number enrolled		Percent reached		Loss or Gain
		1937	1938	1937	1938	
Shenandoah	4010	79	90	2.0	2.2	+
Tazewell	3735	374	410	10.0	11.0	+
Washington	3950	390	375	9.9	9.5	-
Wythe	2214	248	188	11.2	8.5	-
Totals	95325	13875	14362	14.9	15.1	36 +'s
Accomac			319			17 -'s
			14681			2 same

**Number Negro Girls Reached by Home Demonstration Agents, 1937-1938**

County	Approx. no. rural girls per co.	Number enrolled		Percent reached		Loss or Gain
		1937	1938	1937	1938	
Amherst	729	286	305	39.2	41.8	+
Bedford	980	288	281	28.4	28.6	+
Halifax	2712	516	439	19.0	16.1	-
Hanover	912	260	269	28.5	29.4	+
King William	556	175	170	31.5	30.5	-
Louisa	768	224	215	29.2	27.9	-
Nelson	593	240	255	40.5	43.0	+
Pittsylvania	2924	219	245	7.5	8.3	+
Totals	10174	2208	2179	21.7	21.4	4 +'s 4 -'s

**Combined Number Negro and White Girls Reached by Home Demonstration Agents  
1937-1938**

	105,499	15,244	16,860	15.6	16.0	+
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The data given in these tables are for girls only, since the home demonstration agent is responsible for the girls in her county.

**Total Enrollment of White and Negro Girls and Boys by  
Home Demonstration Agents over  
Five-Year Period**

Year	White			Negro		
	Counties	Clubs	Members	Counties	Clubs	Members
1934	41	556	11,700	6	104	2,372
1935	45	624	12,638	6	115	2,638
1936	53	676	13,982	8	131	3,262
1937	54	722	14,622	8	137	3,323
1938	56	749	15,350	8	133	3,305
Total Counties - 64			Total members - 18,655			

As further proof that this change is needed, only one out of every 14 4-H members enrolled by white home demonstration agents was not enrolled in school. If the club program is to reach those who have dropped out of school, it is logical to conclude that the club program must go to the members. In Virginia last year, approximately 52,000 boys and girls of school age under 14 years of age and 300,000 between 14 and 24 were out of school.

**c. Rural Girls Reached**

4-H club work is reaching 15.3 percent of rural girls of club age - farm and non-farm - in the 57 counties with white agents and 21.4 percent in the eight counties with negro agents, making a state total of 16 percent

Efforts are being made to reach more girls in the sparsely settled areas and those who are not in school. Progress along this line is necessarily slow due to the other heavy demands on the home demonstration agents' time.

**6. Age of Members**

Unless some definite changes are made in policies whereby more of the home demonstration agents' time must be given to work with older girls out of school, the proportion of younger members will increase, due to the ruling previously referred to whereby the girls in vocational home economics high schools are not being enrolled.

The average age for girls, white, is 13 years. Of the total enrollment

45.6 % are between 10 and 12 years, inclusive  
 28.2 % are between 13 and 14 years, inclusive  
 26.2 % are between 15 and 21 years, inclusive

Age of Club Girls

1938	Years										
	10	11	12	13	14	15	16	17	18	19	20 and over
White	2046	2164	2341	2164	1883	1393	987	606	393	194	191
Negro	152	267	299	305	319	251	244	136	90	60	56

Percent white girls reached

1937	13.4	14.9	15.4	14.6	13.5	10.9	7.2	4.7	2.8	1.3	1.3
1938	14.2	15.1	16.3	15.1	13.1	9.7	6.9	4.2	2.7	1.4	1.3

Percent negro girls reached

1937	9.0	12.9	12.5	14.1	13.4	13.9	9.9	6.7	4.0	1.8	1.9
1938	7.0	12.3	13.7	14.0	14.6	11.5	11.2	6.2	4.3	2.8	2.6

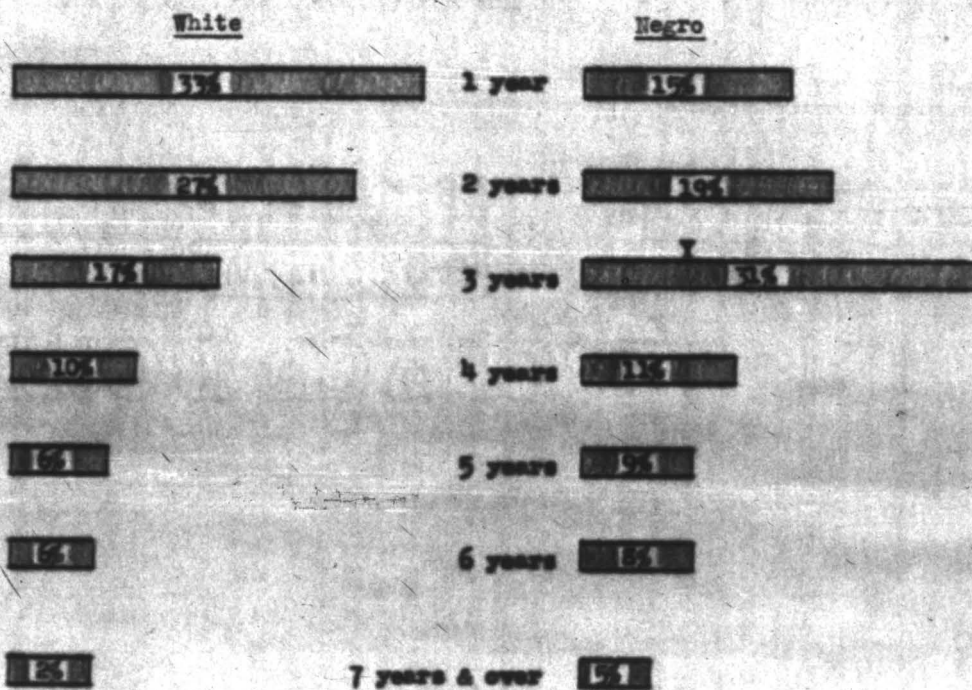
7. Tenure of Membership

White girls remain in club work on an average of two and one-half years, with one-third staying one year and one-fourth staying two years.

It must be borne in mind that club members drop out at the same age as they do in school work. This is another reason for not holding the meetings in schools. Since club girls taking home economics in high schools are not to continue in club work (see ruling State Extension Director and State Superintendent of Education), the tenure of membership will decrease.

Two-Year Record of Tenure of Membership for Girls - Negro and White

1937	Years in club work						
	1	2	3	4	5	6	7 and over
White	4412	3301	2042	1420	850	682	442
Negro	379	712	306	309	229	224	49
1938							
White	4766	3888	2474	1401	833	791	210
Negro	332	422	667	248	205	186	99
Total for 1938 - Negro and White							
Girls	5098	4310	3141	1649	1038	977	309
Percent	30.8	26.1	19.0	10.0	6.3	5.9	.6



#### IV PROJECT ACTIVITIES

The project program for 4-H club girls is based on the need for a better understanding and appreciation of the every-day routine of the home. The work is planned to help each girl to:

1. Recognize and evaluate some of her personal problems, such as selecting her clothing with reference to her own type and mode of living, or establishing correct eating habits.
2. Participate more fully in the family living by developing a keener appreciation of family cooperation and by assuming her share of the responsibilities.

##### 1. The Project Program

In developing this program, different phases of home economics are grouped into short units, based on actual needs as they occur in every day situations. A combination of two units forms the project program for the year. One of these must be a construction unit which all clubs in a county will carry. This should be arranged for the summer months and at least six meetings given to it. The other unit need not be county-wide since each club may select a different one. Whenever possible, these two units should have a definite relationship to each other. However, one of them should include the family cooperation. For instance, the food unit "Hospitality in the Home" might logically work in with clothing selection, namely, "Appropriate Clothes for the Occasion." The girls might study correct dress for each fun occasion planned.

When any unit is chosen for construction work, it is advisable to take the complete unit in order to do a creditable piece of work. Each county will set up definite purposes for its program according to the ability and needs of the members.

The units are to be selected and used in the combination and sequence best suited to the needs of the clubs in each county; therefore there is no prescribed program for the state as a whole. All programs are made on a 12 months basis and arranged so as to place the weight of the project activities in the summer months when the members have more time and can do the work in their own homes. Changes in the combinations and emphasis of units each succeeding year should insure programs gauged to meet the growing needs.

##### 2. Steps in Building the Project Program

###### a. Local Club Takes Action

In August each club selects a project committee, the chairman of which, with the leader, will present interests of her club at the county planning meeting. The club should make arrangements for getting its representatives to this county meeting. The duties of this committee are to:

- (1) Discuss the units desired for the next year's program and name the one preferred for the summer work.
- (2) After the county planning meeting, make the project program for the club for the entire year.
- (3) Assist the leader and agent in every way possible in developing the project through the year.

b. Local Clubs Complete the Plan

As soon after the county planning meeting as possible, the project committee and leader of each local club will make the program for the year, using as a basis the plans made at the county meeting. It is suggested that the chairman be a member of the program committee for the club. There are three important steps to follow in making this program:

First - The leader or home demonstration agent should find out what phases of home economics are being taught in each grade of school during the year in order to avoid any duplication.

Second - With this information in mind, the county program can be more intelligently adapted to meet the needs and interests as indicated. It will be advisable to re-check this information in March to avoid any duplication in the summer.

Third - The committee decides what should be given at each meeting. The completed program should be presented to the girls for adoption at the November club meeting.

3. Information to be Given Members

After the county planning meeting, each home demonstration agent should mimeograph a page of instructions for the year to be given members. This should consist of:

- a. A copy of the project program for the year listing the work for each month.
- b. The project standards for the county. Some may want additional standards.
- c. List of contents for the 4-H Book: project programs, records, special instructions, Club Letter.
- d. Club Pledge, colors, meaning of emblems, etc.

4. Suggested Standards for a Club Member for One Year of Project Work

- a. Complete two units
- b. Take part in club meetings and other club activities
- c. Keep a "Personal Account" of all money spent for 12 months - Form No. 22,230.
- d. Keep a "Good Habit Score" for at least one month - Form No. 22,245
- e. Learn to do well one home task and assume responsibility for it.
- f. Keep the "Monthly Record" on Form No. 22,229 and transfer the data to "4-H Members Report", B-343, at the October meeting.
- g. Keep a 4-H Club Book throughout the year.

Some clubs will want to set even higher standards and should be encouraged to do this. Explain to them that the Family Activities Program places as much importance on the establishment of approved habits and attitudes towards the every day routine of living as it does in learning to do things. For example: forming correct eating habits, keeping personal accounts, learning to get on with ones' family, is perhaps more vital than making attractive clothes, preparing appetizing meals, or refinishing furniture. All of these activities listed should be given the necessary time in the monthly meetings.

In discussing home responsibilities, have each member make a list of all the activities done in her home and in the column opposite indicate which each member of the family does. This will usually show the need for a more equal distribution of work. Those members who are already doing their share of work may need some help and encouragement in developing better techniques and in getting a different attitude toward their homes.

#### 5. Evaluating Results

The program of each club should be so organized that every member will know clearly what is to be accomplished. Frequent evaluation of the member's progress should be made to challenge increased endeavor. Leaders are urged to check these regularly and sign those which are properly kept. Completion of a year's work will be determined by a careful valuation by the agent of the club member's work in relation to her opportunities and abilities and the standards for the club.

Reports of their project work are required of each member. A monthly record is kept in the members' 4-H Book and a final report made in October. The 4-H Book is a loose-leaf book made by the member, and in it she keeps all records, materials relating to her project and club work. The responsibility of collecting the reports is placed on the club officers. The leaders make a tabulation of the members' reports. This report and the members' reports are filed in the agent's office. Copies of members' reports are attached.

#### 6. Judging

Judging is considered an important method in establishing standards and in clinching subject matter. Work in judging was given at almost every meeting; after a product was made, it was then judged. The members did this at home too, so judging becomes not a special feature, but a regular part of the work.

#### 7. Contests

Contests are used only as a method to feature some phase of the program. However, the appeal which the contests used to have seems to be disappearing. Most of the counties have discontinued the County Fair. Only a few counties reported participation in county fairs by their members and this was small. The national contests sponsored by the National Committee on 4-H Club Work do not fit into our present 4-H club organization. Much attention and pressure was given them, but the number of entrants have declined each year. The home demonstration agents report that the members are not interested and that the contests are not in line with our program.

Summary of Results of Contests for White Girls

Contest	1937		1938	
	Counties Entering	Members Entering	Counties Entering	Members Entering
Ball Canning.....	38	1464	18	805
Kerr Canning.....	32	736	16	272
Montgomery-Ward.....	17	452	8	221
Style Revue.....	20	2663	16	1418
Home Improvement.....	14	1286	5	376
Social Progress.....	11	-	2	102
Rural Electrification..	3	19	1	8
Totals.....		4159		1502

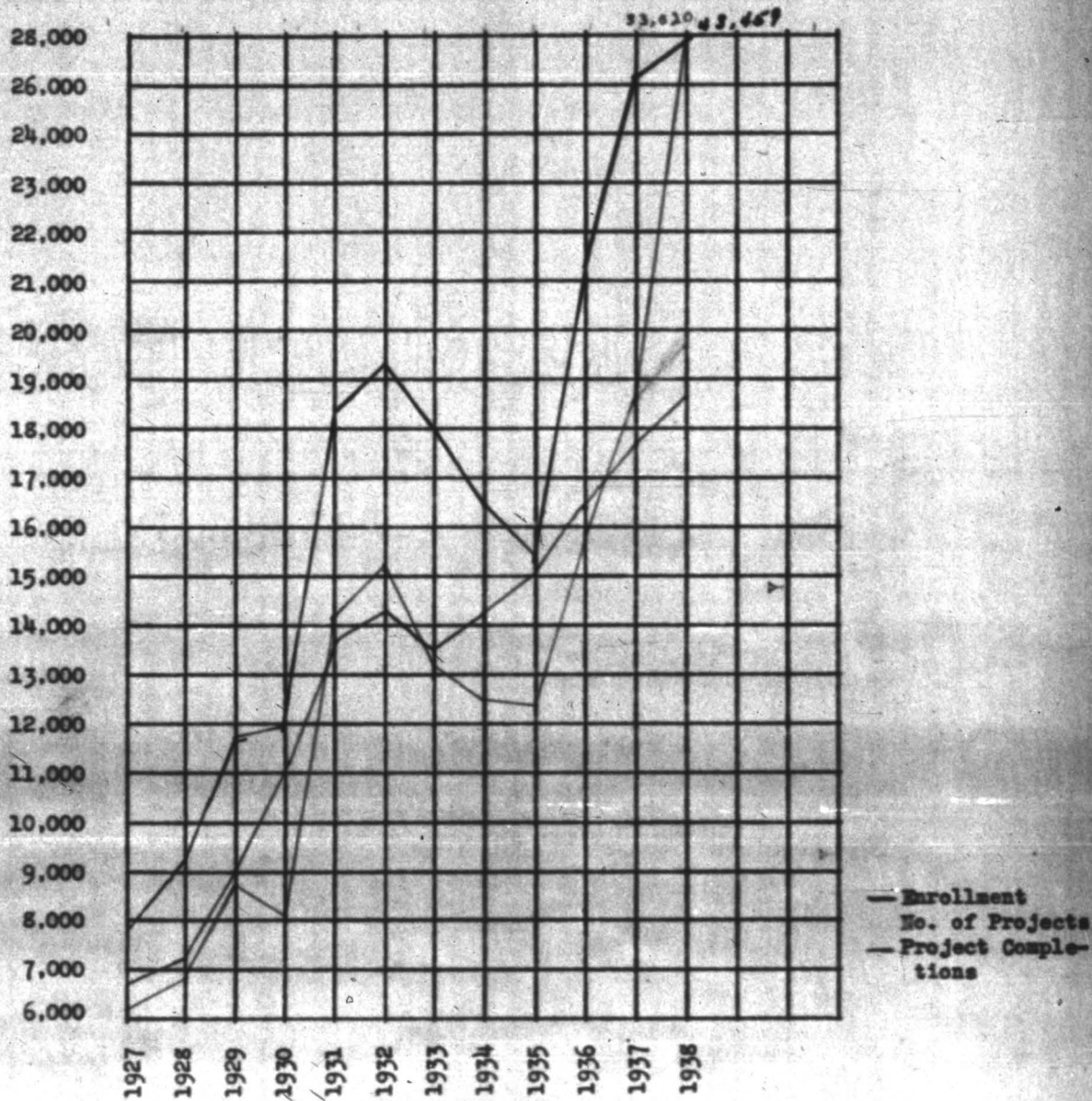
This description of the Family Activities Program in Campbell County shows how all work is integrated:

"Hospitality and Fun Occasions for the Home" was the theme of the program carried in 1938 to teach girls to plan ahead for guests, to plan different events and occasions, to be a gracious hostess, enjoy the family and carry some of the home responsibilities. The program was carried out through demonstrations adapted to the project and repeated in the home or community with club girls participating.

Results of the project show that 380 girls completed the required work. 2,293 dishes for special occasions were prepared at home by club girls, and 16,310 meals were planned and served; 276 girls served simple refreshments for some "fun occasion" and 152 had outdoor meals for the family during the year. These 152 girls learned not only menus for outdoor cooking and simple ways of serving and "cleaning up" after these meals, but these outdoor occasions led to the building of five outdoor fireplaces for home use. The outstanding work done in this project was the "Food Preservation" work, with 392 girls making and carrying out a canning plan and reaching 326 homes.

Club members canned 53,040 quarts of fruits and vegetables and 17,038 containers of jams, jelly and pickle and stored 405 pounds of vegetables and fruits. The project has especially created interest in fruit juices, fruits for salads, jelly and pickle making to serve for refreshments and quick meals. The girls have also gathered, hulled and stored more walnuts and hickory nuts than ever before and ten girls have raised peanuts for home use. The project has also interested girls in table service, entertaining, account keeping and graciousness in the home.

The clothing work accomplished in 1938 was a part of the "Family Activities" program and was encouraged through account keeping, correct dress and the making of aprons to be used on all occasions as hostess. Results were: 64 girls kept clothing accounts with an average expenditure on clothes of \$57.35; 128 selected their own clothes; and 128 are wearing appropriate dress on all occasions. 128 girls entered the Correct Dress Contests in clubs and county, and three appeared in the State Contest. 825 aprons were made by club girls and are valued at \$241.00."



Enrollment of Members, Number of Projects and  
Project Completions for Ten Years  
White and Negro

### 8. Food and Nutrition

Several units of food and nutrition work were planned and each county studied first their situation in the county, the needs already met, and then set up a county-wide family activity program. All food and nutrition units are enclosed in the Family Activities Program attached. How a typical program was set up by this plan is described well in the report from Alleghany County:

"The Family Activities Program started in the county this year marked a step forward in the progress of 4-H club work. It was based on the need for a better understanding of the every-day routine of the home. The construction unit selected by the girls for the year was "Attractive Meals for the Family". In cooperation with this they selected a "Yard Improvement" project so each member could provide flowers for the table throughout the season. Each girl also planned a "Family Fun Occasion" and took one home responsibility for the year. She also kept a "Food Habits Score" for one month and a "Money Spending Plan" for two months."

Member Demonstrations - In carrying on the food and nutrition program we have found it develops the members more if they take an active part in putting on the demonstrations. In training 4-H leaders, we help them to see where they can get the members to participate by working with those who will help in giving the demonstration before the day of the demonstration. If a food is to be prepared to illustrate a principle of, say cooking vegetables, the leader gives two or three members recipes to practice at home and demonstrate at the next meeting. The leader then teaches the principle and has the members prepare the dish which illustrates it. By this plan each participating member brings all supplies needed for her dish so there is no concern about whether or not some one food will arrive. There is more time for the leader to clinch the salient points and the members learn more from doing than from watching.

The member demonstrators change each time, so all are given an opportunity to participate. A total of 893 such demonstrations were given in foods last year. From these and other demonstrations, 15,620 different dishes were prepared at home for the members' families, as a part of the regular meals at home.

Meal Planning - A big feature of this year's activities program is to train girls in planning adequate meals which suit the needs and requests of her own family. This meal planning job is one which most mothers do not care to do, so 4-H members, using the canning budget as a guide, have been doing a big job of planning meals with which they help some in preparing. Last year they planned 96,086 meals for the home, and the clubs planned and served 434 club meals together either as practice ones for their own benefit or as a means of raising money for the club.

Better Foods Score - Mothers of club members say that no one thing brings greater results than keeping the Better Foods Score, a blank found in the supplement, on which the members record the food eaten for a month and where each scores herself for having enough milk, vegetables or fruits and takes off for coffee, candy or drinks between meals.

Last year 8050 such scores were kept, and from this and records kept during food programs, club members reported learning to eat 5701 new foods. This is the period of establishing food habits which will likely be lasting, and we encourage club members to try out new foods whenever possible in order to have a greater variety and hence a more nutritious diet.

Judging - In teaching standards in foods work, we use the method of scoring and judging products by studying a score card of what the product should be, and then comparing those of many members with each other, in order to see just what the highest standard should be. Every product demonstrated is scored, and then members are asked to bring in a sample of that product (if it is one which can be bought) in order to see how it stands up compared with several other similar products. This method has worked especially well with canning, and functions as an excellent means of teaching how to improve the quality of canned foods.

Last year 1204 members learned to judge foods this way, and last year some counties held judging contests at which 593 members judged food products.

Fun Occasions - One of the most popular choices in the family activities program has been that called "Family Fun Occasions". The hope for this program was to help the members to initiate or to help the family in enjoying good times together whether at a family picnic, party, outdoor cooking or what. Special demonstrations on Simple Outdoor Cookery were given and as a result a great many outdoor fireplaces have been built, and 2427 outdoor meals were held first as a club and then by club members for their families. Since most fun occasions at home call for some refreshments, part of the program gave suggestions of what and how to serve these refreshments. A total of 2524 members served some of these refreshments demonstrated at the club.

Canning - 4-H club work started some twenty years ago with canning projects, and today the food preservation program still holds an important place in the summer activities. First we start with making out a canning plan in the early spring before the garden is planted. This past year 4565 girls made and helped carry out such a plan.

The next step is a study of methods of canning and judging of the best in quality of canned products, then the canning itself. By the 4-H program 8766 homes were reached by these canning suggestions.

The total canning and drying done by 4-H members may be seen from this table:

	1935	1936	1937	1938
Total quarts canned by 4-H members.....	416,041	616,969	865,233	684,236
Pounds of fruit and vegetables dried by 4-H members.....			138,902	7,177
Food Stored.....				18,237 bu.

School Lunches - One aim in 4-H food work is to get members to pack their own school lunch, thus teaching them proper choices, good preparation technique, and to help mother in this way by relieving her of this early morning job. Reports show 4075 members packed their own lunches, and in addition to this, 420 schools are serving a hot dish at school during the winter months. Only 42 of these had W. P. A. help, so the 4-H and home demonstration club members are still carrying the bulk of this school lunch work. Reports showed that 4-H members canned 2164 quarts of food to help in serving lunches. Nearly 13,000 children were reached by this serving of school lunches which, in every case, showed a marked improvement in health and scholarship of the children involved.

Health - Much of the 4-H food and nutrition program emphasized the relationship of food to the health of the member. The nearly 8,000 who kept Better Foods Scores were working on this as a means toward improved health. It is distressing to see how many members of the 4-H age who are underweight, but at the end of the year's study nearly 3,000 report definite improvement in weight control. A few needed reducing, but most of them needed to gain weight. Recent developments in nutrition show that there is a direct relationship between nutrition and infections, especially colds, and 2567 members reported fewer colds, which they attributed to the study they had had in "No Cold Clubs" and other better foods work.

Correct posture is one outstanding need of fast growing children of club age, and one of the checks we have each club member make on herself is for correct posture. A total of 4681 members report improvement in posture because of this program.

Two-Year Record of the Counties Studying Foods and Nutrition  
1937 - major counties      1938 - major and other counties

	1937		1938	
	Enrollment	Completions	Enrollment	Completions
White.....	1806	1357	11,502	8691
Negro.....			1,717	1390

### 9. Clothing

The plans for the clothing work are described under Family Activities Program page 22,231-10. Twenty-six counties with white agents and two with negro agents featured clothing as the county-wide project. There was a total of 7824 members enrolled, of which 73.3 percent completed.

Emphasis - Every effort was made by the agents and leaders to adapt the clothing work to the economic needs of the members. This embraced planning and selection, garment construction, care, better laundry methods, improving clothes closets; restyling; good grooming; clothing accounts and budgets.

#### Two-Year Record of the Counties Majoring in Clothing Project

	1937					1938					Percent completion
	No. Co.	No. Clubs	No. Leaders	Members		No. Co.	No. Clubs	No. Leaders	Members		
				Enrol.	Comp.				Enrol.	Comp.	
White	23	311	552	6236	4213	24	292	320	5943	4479	75.4
Negro	5	96	34	1588	530	6	117	56	1640	1069	65.3
Total	28	407	386	7824	5043	30	409	376	7583	5548	73.2

In addition, members, white and negro, did some special work in clothing not reported as a major project.

Accounts and Budgets - There has been much variation in the figures this year over last year and it is believed that the change from the preferred method of keeping clothing expenditures for a one-year period rather than the three or more month period may be a factor.

A comparative table

	1937	1938
No. keeping clothing accounts.....	3138	2655
No. keeping personal accounts.....	481	2663
No. budgeting clothing expenditure.....	1608	564
No. making inventories.....	4313	2257

Accounts, when analyzed, showed an average of \$26.25 was used by the club members for clothing this year, while the average last year was \$34.43. We do not believe this is an indication that the standard has lowered, but more factors contributed to this - namely, data secured from different sections of the state and girls of different clothing habits. We hope the acceptance and use of the recommended practices, planning, better buymanship, care, and restyling, has resulted in spending the funds to better advantage.

Average Clothing Expenditure Per White Girl

• 5%

\*\* 6\_

Hose and Underwear 27%

Hats, Gloves & Shoes 17%

Outer Garments 45%

- \* Care and Repair
- \*\* Accessories

10. Home Improvement

The state program for the home improvement project is outlined in the 4-H Family Activities Program for 4-H Girls attached to this report.

Two-Year Summary of Enrollment and Completions of Counties Majoring in Home Improvement Project

	1937		1938	
	Enrollment	Completions	Enrollment	Completions
White.....	4976	3884	7644	5385
Negro.....	816	644	2735	2430
Total....	5792	4528	10399	7825

Purpose - The purpose of the 4-H home improvement program was to instruct girls in ways of making their own and other rooms of home more comfortable and more attractive; to encourage an appreciation of the entire home through the sharing of responsibilities and doing things to make the home more attractive to the entire family; and to develop in 4-H members a more cooperative spirit in responsibilities of the home by fostering the habit of doing things together.

Accomplishments - The results of the 4-H home improvement project in both white and negro counties are pictured below.

Interesting Results of Home Improvement Project

	White	Negro	Total
No. kitchens improved.....	3044	590	3634
No. rooms improved.....	2278		
No. porches improved.....	1081	33	1114
Chairs and stools reseatd.....	95	8	103
Furniture remodeled and repaired.....	2264	85	2349
Furniture made at home.....	1006	117	1123
Home made rugs.....	898	37	935
Rooms in which walls, woodwork and floors were improved.....	3771	333	4104
Personal accounts kept.....	5652	157	5809
Personal budgets made.....	444	-	444
Improved storage space.....	2068	33	2101

## 11. Garden and Poultry

Both the garden and poultry are considered family interests since usually the majority of the family participates in the work. We feel that every girl should know the value of the home garden and home flock to the farm family. Therefore, these all, home beautification, garden and poultry, have been made a part of the Family Activities described on page 16.

### a. Gardening

#### Summary Garden Project, Negro and White Members

	White		Negro		Totals
	1937	1938	1937	1938	
No. counties enrolled.....	33	47	8	8	55
No. members enrolled.....	3655	5601	1999	2251	7852
No. members completing....	2745	3948	1470	1860	5808
Percent members completing	75.1	70.5	73.5	82.6	73.9

It is encouraging to note that there is an increase of 25 percent in the number of members doing some phase of yard and garden work.

Beautifying the home grounds attracted more interest than any other phase. This correlated very naturally with the other phases of home improvement work in the same manner that vegetable growing does with nutrition.

#### Summary of Work Accomplished

Phase	Number co.'s.	White	Negro	Total		
		Number members	Number co.'s.	Number members	1938	1937
Fall gardens.....	30	914	5	248	1162	930
Beafy vegetables provided year round for family.....	27	836	5	146	982	1022
Storing vegetables, winter.	31	1313	5	962	2275	1842
Growing flowers.....	42	4416	5	1108	5524	5648
Beautifying home grounds...	41	3795	4	632	4427	3561

### b. Poultry

#### Summary Poultry Project, Negro and White Members

	White		Negro		Totals
	1937	1938	1937	1938	
No. counties enrolled.....	24	31	3	5	36
No. members enrolled.....	1130	909	89	390	1299
No. members completing.....	744	677	66	315	992
Percent members completing..	65.8	74.5	74.2	80.8	76.4

Some phase of farm flock management was practiced by the 1299 members who reported. More than half of this number kept records on the home flock.

Summary of Work Accomplished in Poultry

Phase	White		Negro		Total	
	No. Co's.	No. members	No. Co's.	No. members	1937	1938
Home flock records kept.....	26	487	4	231	477	718
Home flocks culled.....	23	439	3	92	279	531
Members preserving eggs for home use.....	17	255	-	-	113	255
Fattening and dressing poultry for home use or market.....	21	505	4	117	350	622
Birds raised.....	28	36347	6	3176	30194	39523
No. families following recommendations in chick raising	28	778	4	140	1407	918
No. families following recommendations in producing feed	28	593	8	124	880	717
No. families following recommendations in disease and parasite control.....	25	9820	4	128	1096	9948
Poultry house equipment improved.....	26	778	4	98	278	876

One of the most interesting and successful county poultry projects in the state is that conducted by the county home demonstration agent in Alleghany County. This was financed by one of the county business men who was interested in developing the poultry industry in the county as a means of helping the rural people. Twenty-five day old chicks were given each member on the condition that they would be cared for according to instructions and that they would return two cockerels to pay for the chicks and also would exhibit eleven birds. This account from Miss Vaden's report shows how well the project was managed and the success achieved.

"146 club members enrolled in poultry work this year. These members were given 25 day-old chicks, or in cases of two in the same family, 15 day-old chicks each. They reported on these projects every week for the first eight weeks. These chickens were all kept until the county fair at which each member exhibited eleven of his or her birds and turned over to U-H club authorities two cockerels in payment of the original gift and one cockerel for rental of a brooder. They then disposed of extra cockerels and kept the pullets and a cockerel from which to develop a home flock. The results of this project were outstanding. Out of the 3,090 birds distributed, the club members raised 2,593. The cockerels were disposed of at prices ranging from 50 cents a piece to \$2.50 a piece. Each club member now has from three to sixteen pullets, some of them laying. Out of the 146 members enrolled in the project only two failed to complete and these were due to accidents which occurred to the baby chicks in the first few weeks. In addition to the birds that the club members now have, many good cockerels have been purchased, from these members to use for breeding, thus improving the stock of other flocks. Each family has already made some improvements in poultry equipment and practices over which they originally had at the beginning of the project and plans are under way at the present time for building or improving quite a number of laying houses."

Alleghany County is very mountainous and travel difficult. A large number of the homes offered no facilities whatever for raising poultry. Therefore much previous preparation was required in order to have a place for the chicks. Brooders were made available for a small rental fee. The most important result is that these homes now know something of poultry management.

Summary of Enrollment and Completion  
of all Projects

Project	Enrollment		Completions		Percent Completions	
	1937	1938	1937	1938	1937	1938
Clothing.....	6236	9070	4891	6856	65.4	75.6
Special work.....	1243					
Foods.....	1806	11502	1357	8691	75.1	75.6
Home Improvement..	4976	7644	3824	5385	78.1	70.4
Garden.....	3655	5601	2745	3948	75.1	70.5
Poultry.....	1130	909	744	677	65.8	74.5
Totals.....	19046	34726	13621	25557	71.5	73.6
<b>Negro</b>						
Clothing.....	1588	1640	830	1468	55.8	89.4
Special work.....	180		157			
Foods.....	1968	1717	1461	1390	74.2	81.0
Home Improvement..	1254	2735	952	2430	75.9	88.8
Garden.....	1999	2251	1470	1860	73.5	82.6
Poultry.....	89	390	66	315	74.2	80.8
Totals.....	7078	8733	4936	7463	69.7	84.5
<b>Total Negro and White</b>						
	26124	43459	18557	33020	71.0	75.9

4-H CLUB ENROLLMENT AND COMPLETIONS

1938

White

County	No. En-rolled	No. Completing	Percent Complet.	County	No. En-rolled	No. Completing	Percent Complet.
Accomac.....	319			Iale of Wight..	79	17	21.5
Albemarle....	993	930	93.7	James City.....	83	76	91.6
Alleghany....	304	249	81.9	King & Queen &			
Amelia.....	186	117	62.9	King William..	166	125	75.3
Amherst.....	410	282	68.8	Lee.....	289	148	51.2
Appomattox...	201	168	83.5	Loudoun.....	224	170	75.9
Augusta.....	689	293	42.5	Louisa.....	162	133	82.1
Bedford.....	309	279	90.3	Madison.....	354	311	90.7
Botetourt....	356	289	81.2	Mecklenburg....	461	267	56.0
Brunswick....	360	245	68.0	Montgomery....	187	169	90.4
Buckingham... 134	96	71.6	Nansemond.....	109	40	36.7	
Campbell.....	405	380	93.8	New Kent & C.C.	150	100	66.7
Caroline.....	27	8	29.6	Nelson.....	248	192	77.4
Carroll.....	322	275	85.4	Norfolk.....	167	81	48.5
Chesterfield. 303	250	82.5	Nottoway.....	195	154	80.0	
Dinwiddie....	225	118	52.4	Orange.....	181	149	82.3
Essex.....	181	140	77.3	Powhatan.....	159	136	85.5
Fairfax.....	476	364	76.5	Prince Edward..	104	73	70.1
Franklin.....	207	168	81.2	Prince George..	278	246	88.5
Frederick... 206	167	81.1	Prince William.	220	139	63.2	
Giles.....	207	134	64.7	Pittsylvania... 326	191	58.6	
Goochland... 95	40	42.1	Roanoke.....	590	452	72.0	
Greene.....	372	317	85.2	Rockbridge.... 238	160	67.2	
Halifax.....	433	370	85.5	Rockingham.... 121	82	67.8	
Hanover.....	202	94	46.5	Spotsylvania... 318	196	61.6	
Henrico.....	381	344	90.3	Shenandoah.... 90	88	97.8	
Henry.....	232	200	86.2	Tazewell..... 410	330	80.5	
Highland.... 335	187	65.7	Washington.... 375	225	60.0		
				Wythe.....	196	185	94.4
				<b>Total.....</b>	<b>15350</b>	<b>11139</b>	<b>72.3</b>

Negro

	No. En-rolled	No. Completing	Percent Complet.
Amherst.....	470	383	81.5
Bedford.....	455	410	90.1
Halifax.....	452	399	88.3
Hanover.....	479	404	84.3
King William.....	260	205	78.8
Louisa.....	352	256	72.8
Nelson.....	417	314	75.2
Pittsylvania.....	420	400	95.2
<b>Total.....</b>	<b>3305</b>	<b>2771</b>	<b>83.8</b>

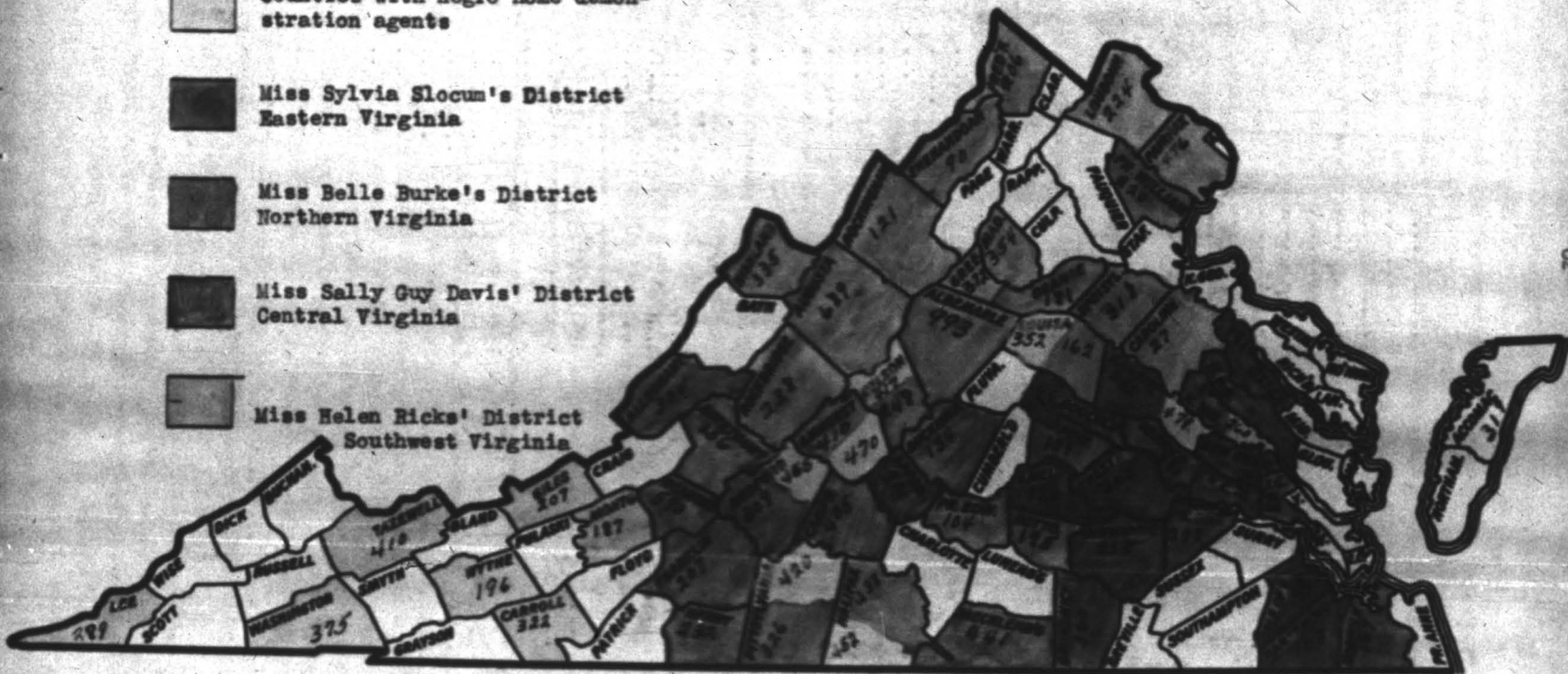
□ Counties with negro home demonstration agents

■ Miss Sylvia Slocum's District  
Eastern Virginia

■ Miss Belle Burke's District  
Northern Virginia

■ Miss Sally Guy Davis' District  
Central Virginia

■ Miss Helen Ricks' District  
Southwest Virginia

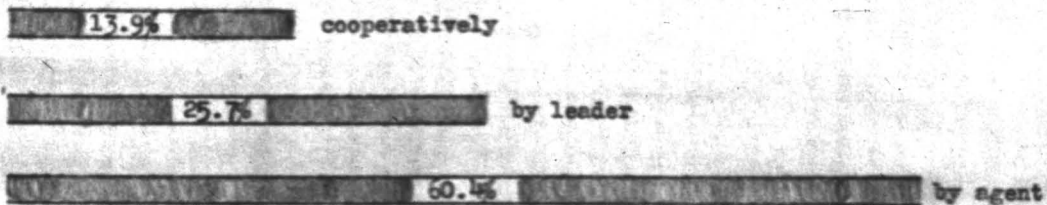


## V VOLUNTEER LOCAL LEADERSHIP

Increase Noted - The operation of the 4-H club program is based on volunteer work of the local leader. There was an increase of 10 percent in the number of adult leaders for the home economics projects. This made a total of 920 adult leaders and 583 junior leaders working with the 856 clubs conducted by both the white and negro agents.

The leaders gave an average of five days a piece to club work. Combining all of their time, it was found to be equivalent to that of 23 full time paid workers, or of increasing our staff of agents one-fourth.

The accompanying graph shows the work of the leaders in giving method demonstrations.



Graph showing by whom demonstrations were given

### Summary of Leadership for Home Economics Projects in 1938

White

	Foods		Clothing	Home Imp.		Garden	Poultry	Organiza-tion	Total
	Selec.& prepar.	Preser-vation		Home man.	House Furn.				
No. counties	27	25	35	4	26	15	10	34	53
No. leaders									Diff.
Girls.....	107	53	96	11	126	22	31	428	507
Adults.....	305	214	432	49	273	91	56	435	763
No. days given by leaders.....	895	270	2251	67	871	199	148	1534	6238
Av. No. days per leader..	2.2	1.0	4.3	1.2	2.2	1.8	1.7	1.8	4.9
No. demon. by leader...	523	130	686	47	448	46	16	26	1922
% demons. by leader.....	27.2	6.7	35.6	2.4	23.3	2.3	.8	1.3	
No. demons. by agent....	1287	293	1569	181	813	204	66	335	4748
% demons. by agent.....	27.1	6.1	33.0	3.8	17.1	4.2	1.3	7.0	
No. demons. cooper.....	229	59	551	52	129	27	8	40	1095
% demons. cooper.....	20.9	5.3	30.3	4.7	11.7	2.4	.7	3.6	
Total no. dem- ons. given..	2039	482	2806	280	1390	277	90	401	7765

**Summary of Leadership for Home Economics Projects in 1938**  
**Negro**

	Foods		Cloth- ing	Home Imp.		Garden	Poultry	Organ- iza- tion	Total
	Selec.& prepar.	Preser- vation		Home man.	House furn.				
No. counties	8	7	6	7	7	7	7	8	8
No. leaders									Diff.
Girls.....	17	25	31	11	27	32	8	36	76
Adults.....	32	64	56	41	55	40	29	90	157
No. days giv- en by lead- ers.....	62	25	54	67	167	32	7	37	451
Av. no. days per leader..	1.3	.3	.6	1.3	2.0	.4	.2	.2	1.9
No. demons.. by leader...	4	40	44	9	62	16	-	-	175
% demons. by leader.....	2.2	22.8	25.1	5.1	35.4	9.1	-	-	
No. demons. by agent...	5	73	158	33	126	50	11	18	474
% demons. by agent.....	10.1	15.3	33.2	6.9	26.5	10.5	2.3	3.7	
No. demons. cooper.....	11	16	10	-	31	1	-	-	69
% demons. cooper.....	15.9	23.1	14.4	-	44.9	1.4	-	-	
Total no. dem. given.....	20	129	212	42	219	75	11	18	

**Plan for Leader Training**

The home demonstration agents are responsible for providing the training necessary to enable the leaders to carry out the 4-H plans for their clubs. The specialists are responsible for furnishing subject matter and suggested methods and in giving the training for certain meetings decided upon by the home demonstration agent. Each specialist gives on an average of three days to each county majoring in her field.

This schedule is suggested for the state as a whole:

- September - Project program planning and organization procedures for clubs.
- January or February - Project instructions in making canning and garden plans; poultry and yard improvement.
- April or May - Project instructions for June
- June - Project instructions for July and August.

**Agreement Between Leader and Agent**

While securing and holding efficient leaders is still a major problem, a definite yearly agreement between leader and agent has been found helpful for both. A form for this division of responsibility is attached to this report.

#### Leader Manuals

After the county program is set up in the fall, manuals are compiled to include the subject matter called for. These are prepared by the State Club Agent and specialists.

#### County Association of Leaders

County associations of 4-H leaders are being encouraged to help strengthen the club program and to give more recognition to the leaders. The associations are also being used as advisors to the extension agents in making recommendations and planning the county program. With the agents, they plan the leader training program for the county, decide on the number of meetings, time, and place. Some of the leader's associations finance the expenses of the demonstrations for training meetings.

State Association of Leaders - The State Association of leaders meets annually at the time of the State Short Course. Plans were made for a leaders' conference in each district of the state.

The data on the next page gives a full report by counties of the leaders' activities with the home economics projects. This has been arranged so that the effectiveness of the work in a county may be better studied. This data will be discussed with the supervising agent for each county.

This account from Campbell County shows how effectively the leaders are being used:

"Some of the outstanding results of club work in the county have been accomplished because of the work of local leaders. During the year leaders have given 96 method demonstrations, held 89 organization and other meetings and assisted with 16 demonstrations. The attendance at these meetings has totaled 5,398. In 1938 local leaders gave 383 days to leadership work.

The leaders and older girls collected all 4-H records, encouraged and checked home account and better food records, assisted girls with work sheets and canning plans and made home visits to club girls' homes. A total of 236 home visits were made by leaders to club girls' homes during the year.

Six 4-H leaders from Campbell attended the District Camp and rendered a valuable service. Two attended the State Short Course, one of whom was elected president of the 4-H leaders of the state. All fun activities and money making affairs were largely successful because of the work of the leaders."

Results of Volunteer 4-H Leadership - Home Economics Projects

Counties by Districts	No. clubs	No. leaders		Number demonstrations by		
		Adult	Juniors	Leader	Agent	Cooperatively
<u>Miss Burke</u>						
Albemarle.....	30	36	8	55	235	-
Augusta.....	28	42	12	47	62	-
Caroline.....	6	-	-	-	-	-
Fairfax.....	18	24	82	119	86	-
Frederick.....	15	16	17	3	23	36
Greene.....	16	19	-	16	153	100
Highland.....	31	12	26	24	114	63
Loudoun.....	13	19	5	40	82	22
Louisa.....	12	15	5	19	84	55
Madison.....	16	6	4	45	108	-
Nelson.....	15	15	-	8	169	20
Orange.....	9	5	7	-	81	-
Prince William.....	13	10	3	38	80	33
Rockbridge.....	9	11	1	29	75	14
Rockingham.....	8	9	6	25	42	7
Spotsylvania.....	13	10	28	15	88	2
Shenandoah.....	8	10	15	38	117	71
Total.....	260	259	219	521	1599	423
<u>Miss Davis</u>						
Alleghany.....	14	14	1	58	101	31
Amherst.....	12	24	4	67	39	-
Appomattox.....	14	12	3	70	90	22
Bedford.....	15	18	15	82	76	12
Botetourt.....	12	18	12	16	57	8
Buckingham.....	8	8	-	32	66	-
Campbell.....	16	17	10	96	82	16
Franklin.....	12	6	-	13	84	25
Halifax.....	13	16	-	11	55	32
Henry.....	11	8	1	19	56	-
Mecklenburg.....	14	5	4	2	84	26
Nottoway.....	16	14	1	24	59	50
Prince Edward.....	7	3	10	6	51	12
Pittsylvania.....	15	17	1	21	152	-
Roanoke.....	24	42	-	237	58	-
Total.....	203	222	62	754	1110	234
<u>Miss Slocum</u>						
Amelia.....	12	12	15	55	116	20
Brunswick.....	18	19	3	69	125	64
Chesterfield.....	14	24	47	45	105	-
Dinwiddie.....	14	10	12	36	70	2
Essex.....	11	16	6	50	47	9
Goochland.....	7	12	4	63	102	-
Hanover.....	8	10	1	17	38	12
Henrico.....	14	17	2	66	43	44
Isle of Wight.....	4	13	5	22	30	10
James City.....	7	5	3	15	144	56
King & Q & King William	10	10	1	40	50	32

Results of Volunteer 4-H Leadership - Home Economics Projects  
Continued

Counties by Districts	No. Clubs	No. Leaders		Number demonstrations by		
		Adult	Juniors	Leader	Agent	Cooperatively
Nansemond.....	7	8	-	4	50	7
New Kent & Charles City..	2	8	1	-	56	-
Norfolk.....	10	-	19	20	46	-
Powhatan.....	11	7	13	24	67	35
Prince George.....	9	15	36	2	93	-
Total.....	158	186	168	528	1184	291
<u>Miss Ricks</u>						
Carroll.....	12	20	2	32	63	-
Giles.....	14	29	5	26	110	114
Lee.....	11	14	44	33	99	-
Montgomery.....	14	10	-	58	43	14
Tazewell.....	16	6	32	36	144	19
Washington.....	21	32	-	17	183	-
Wythe.....	18	4	3	10	216	-
Total.....	106	95	86	212	858	147
Grand Total.....	727	763	1021	2015	4751	1095

## VI WORK WITH YOUNG PEOPLE

### Increase Made

The work with young people (16 to 25 years) showed real progress over previous years. Fifty-two counties reported a total of 81 clubs with a combined membership of 2,834 young men and women.

	White	Negro	Total
No. Clubs of older young people.....	79*	9	81
No. young women in clubs.....	1665	46	1711
No. young men in clubs.....	1076	47	1123
Total young women and young men.....	2741	93	2834

#### 1. Staff

The work with older youth is directed by the State Girls' Club Agent and the State Boys' Club Agent in the state office and by the home and agricultural agents in the counties. No special workers have been put on for this phase of work. However, more assistance is needed. Progress has been made in the realization of the needs of this group by the extension staff. However, much expansion cannot be expected without more assistance.

#### 2. Organization

There have been clubs of young women in the state for the past nine years; however not much expansion was made since programs and procedures were being studied for this age group. About four or five years ago the necessity of having both girls and boys together in clubs was realized and since then all groups have organized in that way.

Clubs are organized on the community basis. However, several small neighborhood groups may constitute a club. Clubs having an average membership of about 20 seem most successful because discussions are more effective with the smaller groups.

Before organizing the club in a community, the possibility is discussed with the home demonstration clubs. In many instances the home demonstration club members have made a brief survey in order to discover the real needs. This is suggested as a procedure in order to make the adults aware that there is a need. Following this a committee of home demonstration club members is appointed to sponsor the organization.

\*This includes the five clubs with 488 members in the five counties with agricultural agents and no home agents.

The clubs have advisors who are usually a young couple or some one especially interested in young people. The educational and recreation committees (with rotating membership) make and direct the programs for meetings and all other activities. In this way the two phases are better balanced. Where there are two or more clubs in a county the groups combine for special events and for instructions to committees.

The extension agent visits in at least a dozen homes in the community in order to discover for herself the real problems that exist. This is necessary in order for her to know how to give wise guidance to the development of the program.

After these preliminaries have been accomplished, the idea of an organization for young people is sold to several of the leading young people in the community and they secure a list of young people and plan with the committee from the home demonstration club for a community social for the young people. This committee of young people is in charge of the program while the adult committee stands in the background. The chairman of the committee discusses the possibility of having a club to meet regularly. Officers are elected and committees appointed and time and place of next meeting decided upon.

### 3. Cooperation of Home Demonstration Clubs

#### Local Women Make Youth Surveys

In working with young people we have learned the necessity for having the sympathetic understanding of the adults of the community. Therefore the cooperation of the Federation of Home Demonstration Clubs has been secured. This organization has a membership of more than twenty thousand rural women. They have a youth committee as one of their standing committees. In turn each club in the county is urged to have a youth chairman. During the past year the Federation of Home Demonstration Clubs of Amherst and Loudoun Counties have done outstanding work in making surveys of the actual needs in these two counties. Two thousand-four-hundred young people were personally interviewed by the members of their youth committees. The results of this survey have been most enlightening. They discovered conditions which they never dreamed existed within the borders of the respective counties. Amherst County paid a recreational leader to work in eight groups of young people in the county. Three communities already had clubs under way. This fall they are planning to develop educational programs and get active clubs organized in these communities.

In Loudoun County there were no clubs for young people. However, the surveys were so far reaching that the programs of the home demonstration clubs will be no doubt materially changed since they realize that the problems of young people are not something apart from those of the entire family and community. Recreational programs were provided in four communities in Loudoun. One club has already been organized and committees of young people have been appointed from three other communities to meet in November for training in developing programs. A number of other counties are already working on similar surveys preparatory to starting programs for young people.

#### 4. Programs

The programs are made by the recreational and the educational committees. A definite time is decided by each club for the amount of time to be given to the educational program and for the recreational program. Recreational programs are as carefully selected as the educational in order that a wide variety of interests may be presented.

Projects are not conducted on the same basis as the 4-H clubs; however, many of the clubs have had some home economics instruction gauged to meet specific needs. So far it has seemed most difficult to get instruction in agriculture. However, the groups are being urged to use the same agricultural discussions that the adults are having during the winter months.

At present the following topics are of most interest. These are listed in order of popularity.

1. Social customs
2. Personality development
3. Good grooming
4. Home economics information
5. Book reviews
6. Finances; Health.

The activities of most interest are list in order of preference:

1. Socials
2. Picnics
3. Dramatics; Dances
4. Tours
5. Handicraft
6. Community work

Choosing a Vocation - Data is not available for results of the efforts along this line. However, during the first four or five years when the club membership was limited to the older girls, home making courses were given. In one club three older girls came to realize the need of more training to such an extent that although they had been out of high school for one or two years, they entered college for training in home economics.

Many of the members have been helped in improving themselves and their efficiency in their jobs through the discussions on personality development. In one club last fall two girls reported that they had received increase in salaries due to the help that they had gotten from the club discussions. Many other girls have been helped in learning standards and in marketing products, in partnership with their parents on home demonstration markets.

Perhaps the greatest good has resulted in the opportunity given for more wholesome social contacts and for meeting more young people. This is a dire need in this state.

Institute for Rural Young People - The first state conference of older young people was held in August at V. P. I. with 28 delegates representing 11 counties in attendance.

This first conference was purposely restricted so that methods of procedure could be studied. A larger conference for 1939 is anticipated. The program of the conference is attached.

5. Research

Miss Sarah Thomas, former Virginia home demonstration agent, made a study of the problems of this age group in four counties in the state. This was done in connection with her thesis. This material is not available at this time.

6. Some Results

The accompanying extracts from the county home demonstration agents' reports show the type of work being done.

Norfolk - "There are two groups of Junior Homemakers, with an enrollment of 48 members, between the ages of 18 and 30, organized in Norfolk County. Twenty-two of this group are single. Twelve of the twenty-two are employed. Twenty-six are married. These groups meet once each month. Attendance at monthly meetings is splendid. These groups have completed a project in House Furnishings this year. A total of two-hundred-fifty improvements have been made. Agent has found that the married members are most interested in improving their homes and in budgeting and buying. The single ones are interested in clothes and having a source of income. All are interested in self-improvement.

Five stork showers have been given to club members, ten parties and socials have been given, at which time the husbands and friends have enjoyed an evening of fun and have added forty-five dollars to the treasury. One member said that she had never been able to get her husband to go to any community meetings, but he looks forward to attending these socials. These groups have reorganized for another year and have chosen a project in foods."

Amherst - "Through the survey made by the home demonstration club members, tabulated information showing the number of young people in each community, their educational opportunities and their opportunities for vocational training and recreation was secured. Interest in this project was stimulated through the success of a young peoples' organization in the Maple Run community. This organization has functioned for about four and one-half years. When work was started in that community, about twenty young people were interested. The enrollment has grown to sixty-five, with an average attendance of between fifty-five and sixty. Such marked changes in behavior have taken place in that community that it has been the wish of the women of Amherst county to assist in establishing such organizations in other communities in this county. The following can be reported as a result of the activities in the Maple Run community: In 1938 two new Junior Homemakers groups were organized. At Bellevue there is an enrollment of fifty-five. At Elon an en-

rollment of forty. These organizations are functioning on the same plan that the Maple Run Junior Homemakers organization functions. The program is 50% educational and 50% recreational. These two groups are composed of young men and women fourteen years of age and older. They hold regular meetings once a month with special committee meetings and call meetings when necessary. During the past year the Maple Run Junior Homemakers group has held twelve meetings with eight additional committee meetings.

November 18 a committee composed of the new and old officers of the Maple Run group met to plan their 1939 program of work. Their interests were classified into the same five headings as in 1938. Citizenship was chosen as the phase of self improvement to be emphasized. The club decided to use this as the theme of the year's work. Educational programs were planned on Safety on the Highway, Safety in the Home, How to Become a Voting Citizen, The Club Member's Responsibility in the Community, County Organization, Government Court Procedures, First Aid and a Discussion of Social Customs. The girls will also study Salads, Refreshments, and Food Preservation. Special events planned for are a week-end camp, a picnic, buffet supper and the State Youth Conference. A community Easter Egg Hunt and a three-act play were decided upon as possible means of raising money for the club.

The same community improvements and recreation were planned for next year's program. This program will be presented to the club for adoption at the December meeting. The same program planning procedure is being carried on in the other two Junior Homemakers clubs.

The results obtained from the Junior Homemakers programs are very gratifying and apparent. At a county Board of Supervisors meeting where the Maple Run group was being discussed, the Temperance District Board member made the remark that five years ago very few young people were seen in church on Sunday, and now that practically all of the Maple Run group went to church and that the Junior Homemakers club was directly responsible for this change.

A more progressive high school principal who has in his school several club members, made the remark that he could tell a difference in the poise and leadership of the club members and non-club members and that to his mind, the Junior Homemakers clubs were one of the most worthwhile county projects. This same high school principal has asked to be allowed to attend the meetings of one of the Junior Homemakers clubs."

Alleghany - "There are two organized older youth groups in the county. One is the county All Star Chapter of young men and women. They meet regularly once a month. Their programs are varied; sometimes just a business meeting followed by a social hour, occasionally they ask an outside speaker in to talk on a timely subject and sometimes the members themselves discuss topics. One of their meetings was a picnic, one an outdoor meal, and one a party. The main object of these meetings lies in the fact that it serves to keep these older club boys and girls together and in close contact with extension work. This organization has done much to sponsor county 4-H club work. A good deal of the credit for the success of the poultry work and the county fair is due this group. They have held two money making projects; a dance and a handkerchief chest

raffel. They pay annual dues of one dollar. With this they gave Christmas gifts to a 4-H club of fourteen members, sent a delegate to All Star Conference and gave a trip to a county boy to State Short Course.

The other older youth group organized is a senior 4-H club. Their ages are from sixteen through twenty years. They have enrolled sixteen girls and two boys. This group carried a regular club program to meet their needs. The subject most popular with this group has been etiquette. The girls have liked meal preparation and service. The club has served four meals, has held two parties, and one picnic. They held a Bingo party and raised money to send two delegates to State Short Course. Their meetings are held at night and they meet twice each month."

"Loudoun - "As an outgrowth of the Older Youth Survey made by the home demonstration club women in the Lucketts community, an Older Youth Club was organized in the community with an enrollment of thirty-three boys and girls between the ages of 16 and 28 years.

Fortunately, the girl serving as chairman in the home demonstration survey was of this age group and has been elected chairman of the club. It was mainly through her enthusiasm and interest that the club was organized. She attended the State Federation meeting of Home Demonstration Clubs, taking part in a panel discussion on Rural Youth in Virginia to tell some of the data collected in Loudoun County. She later attended the first Rural Youth Conference held at Blacksburg for instructions on organization of Older Youth Clubs. She returned to Loudoun to organize a club in her own community."

"An adult sponsor was chosen from the home demonstration club to council with the group and to serve as official chaperon at club meetings. A selected mailing list of the interested young people in the community was secured from the survey cards on file in the home agent's office. These young people were invited to meet at the school auditorium for an evening of recreation and to discuss plans for organization.

The group organized and elected officers at their second meeting. The executive committee met and appointed three committees to be responsible for carrying out a tentative program which was made with the assistance of the extension agent and the adult sponsor.

Topics for the educational program were built around personality development, with a banquet for the members to be held in March. A tour has been planned for next summer to Washington. The interests and needs of the individuals, using the information from the survey as a starting point, will determine the type of programs to be planned from month to month.

The group also plans to redecorate and furnish a vacant school room for a club room as soon as finances permit. This community project will be carried out in cooperation with the local home demonstration club and used for their meetings also."

Cambell - "There are in the county three organized groups of older youth which include both young men and young women and one of older girls only. The groups meet once each month with occasional extra committee meetings. The interest and work of the groups is so varied that no county plan of work is made by them and even the group programs to be adjusted from month to month. The principle discussion topics used have been Social Customs, Citizenship, Good Reading and Health. All groups

are interested in Recreation. Public meetings have been held and encouraged on Citizenship, Wild Life Conservation, and First Aid. The groups have obtained various results. The one of older girls only follows closely the 4-H project work for the county and adapts it to fit their needs.

Another group is tied closely to the 4-H club work and meetings are often together as interests so overlap. The other two groups center their activities around the churches in the community and have done some splendid work for them. Through their efforts a new department for young people has been built, a choir organized and 30 new books secured. Through this channel they are meeting a need that reaches every one in the community and carries on a work that could not be accomplished in another organization.

Other results are, two young women were sent to the Older Youth Conference in August. Five jobs have been obtained through the efforts of the young people to serve each other that has never existed before, and more and more of these young people seek council of their councilors and home agent. A number of the individuals attribute promotion in salary, better salesmanship and more self-confidence with improved personality due to these discussion meetings and contacts with other young people in these groups."

## VII. GENERAL ACTIVITIES

### 1. Health Program

The health program in Virginia is not a separate project, but is considered a part of the training which every member should receive. It aims to teach the members standards for her own development just as she is taught standards in her project work.

The program outlined on the accompanying leaflet was made with the help of the State Department of Health. The county health units cooperate with the local agents in putting this across. This is planned so that there is no duplication of effort and also so that personal needs of the members may be more adequately met.

#### Health Contests Discontinued

Upon the urgent advice of the State Department of Health, all health contests were discontinued since no equitable bases for the examinations seem feasible. Examination by doctors are encouraged. These extracts from the home demonstration agents' reports show how the health program is correlated.

Washington - "Health work was stressed on all the 4-H clubs. The county council offered a grip to the State Short Course for the healthiest girl. The county health doctor didn't have the time to examine all, so the clubs were able to get local doctors and nurses to make the examinations. In one club which was in the suburb of Bristol, every club member needed to gain. During the month that their health habits were checked they became conscious of the fact that they were drinking too much "Pop" and eating too much candy. They voted of their own free will to keep records the second month, and everyone gained from two to seven pounds. A great many had their eyes fitted with glasses, their tonsils removed and other defects corrected."

Campbell - "The Health program has been carried through the Better Foods program this year with the following results: 289 girls are having well-balanced school lunches. 402 kept the Better Foods Score for two months or more and learned to eat 892 new foods, which included drinking milk, eating eggs, cereals, fruits and vegetables. These habits have improved 70 girls in weight control, 79 in prevention of colds, 111 in constipation, 88 in posture and two in pellagra. These two girls were given very special guidance and care.

Twelve club girls were given free of charge special physical examinations by efficient doctors through the efforts of local leaders and home agent."

## 2. Achievement Days

The annual County Achievement Day has become an accepted event in the county calendar of important affairs. A total of 60 counties with white home demonstration agents and five counties with negro home demonstration agents held County Achievement Day programs to which the county people were invited to hear and see what had been accomplished in 4-H club work during the year. A total of 12,856 attended these meetings.

Plans were made early so that the program would climax the important things stressed during the year. Reports of activities by members and clubs were given and 4-H leaders and outstanding members recognized. Many counties staged exhibits and contests as important features. The programs vary from all day events to afternoon and evening affairs, including plays, pageants, banquets, picnic suppers, candle lighting ceremonies and music. Some were held jointly with home demonstration clubs, though the majority are for only 4-H club members.

## 3. 4-H Club Camps

The 4-H club camp is an important factor in the development of members and in stimulating them to a continuance of the club program. Twenty-seven camps were held with a total attendance of 2996 club members, 547 leaders and 23 special helpers. An effort has been made to distribute camps so that some camp will be accessible to all counties. In some instances a number of different counties hold a camp together. This is referred to as a district camp. County camps are being encouraged wherever suitable facilities may be found, because so many more members are reached.

Comparative Data on County and District Camps

Type	Number	Counties Represented	Attendance			Average Time	Average Cost
			Girls	Boys	Others		
District	8	53	630	291	149	6 days	\$5.00
County	15	18	547	222	165	5 days	\$4.00

This shows that the average attendance at county camps is 51.9 per county, while 20.2 is the average per county for the district camps. The transportation to district camps is expensive and more of a problem. A county camp offers the opportunity of presenting a program that will more nearly meet local needs of the members and also advance the club program.

Camp Training Meetings for Home Demonstration Agents - The State Girls' Club Agent held camp training meetings with small groups of home demonstration agents who were planning to conduct a county 4-H camp. These were held in February so that there would be time for each county to have a training conference of its leaders and club members who were selected to assist with the camp. Exhibits of handicraft were shown and articles loaned to the counties so that leaders might learn to make them and in turn do the teaching at camp. This procedure has resulted in much leadership being taught because the entire camp membership contributes to the program in some way.

County 4-H Councils Conduct Camps - Many of the county 4-H Councils are active in planning for their own county camps. Committees are appointed early in the year and the members assist in all phases of the planning and preparation. Since camps are a reward for merit, many counties have camp committees to draw up eligibility standards which all members must reach before they will be allowed to attend camp.

Assistance at Camps - All camps are urged to use as much local help as possible. Some county camps have had training meetings for those in charge of handicraft and other special activities. Nearly all camps employ some one for recreation. As a rule this person is a former club member who had gained much experience from 4-H camps. These people are required to attend a camp training meeting. A trained nurse is always on the camp staff. Swimming is only allowed when there is a life guard present. The State Girls' Club Agent planned the training meetings and assisted the agents in making plans and securing help and new agents in the management of camps.

Program - The objectives of the 4-H camp are: to provide a good time, give stimulating experiences and much inspiration, and to teach group responsibility. Regular project instruction is not given. The various camp activities are given in detail in the camp material attached to this report.

Camps Held in 1938

<u>Camp</u> <u>COUNTY</u>	<u>Place</u>	<u>Attendance</u>					<u>Total</u>
		<u>Boys</u>	<u>Girls</u>	<u>Men</u>	<u>Women</u>	<u>Other</u>	
Amherst-Nelson	Camp Tye Brook	41	38	3	9		91
Albemarle	Geo. Washington CC						
	Camp	17	59	6	13		95
<u>Alleghany and</u>							
Botetourt	Camp Bethel	25	40	3	13		81
Bedford	Camp Ruthers	0	40	0	7		47
Fairfax	Camp Strawderman	23	113	9	13		158
Frederick	Camp White Rock	27	15	5	10		57
Highland	Geo. Washington CC						
	Camp	18	21	8	8		55
James City	Jamestown 4-H Camp	0	33	0	7		40
Montgomery	Crockett Springs	20	23	2	6		51
Page	Catherine's Furnace	9	10	2	1		2
Pulaski	Camp Dubernwaski	19	18	4	4		45
Roanoke	Crockett Springs	0	44	1	8		53
Rockbridge	Camp Okahawis	11	35	3	8		57
<u>Tazewell and</u>							
Wythe	Bluefield College	12	19	2	2		35
Washington	Camp Pocahantas	0	39	-	8		47
<b>Totals</b>		<b>222</b>	<b>547</b>	<b>48</b>	<b>117</b>		<b>934</b>

DISTRICT

Hampden-Sydney	H-S College	39	77	12	13	4 All-Sts.	145
Chatham	Chatham	25	63	4	8		100
Amherst	Sweet Briar College	-	83	-	11		94
Northern Va.	Jamestown	27	75	7	9		118
Central Va.	Jamestown	66	93	6	11		176
Northern Neck	Jamestown	23	47	9	9		88
Eastern Va.	Jamestown	59	120	9	14		202
Cape Henry	Jape Henry	62	72	11	12		147
<b>Totals</b>		<b>291</b>	<b>630</b>	<b>58</b>	<b>87</b>	<b>4</b>	<b>1070</b>

STATE

State Short Course - Blacksburg and All Star Conference	347	552	62	107	15 spec.	1199	<u>All Stars</u> 57 59
State Conservation Camp - Jamestown	48	35	9	8	8 "	108	<u>Boys Girls</u>
Negro State Short Course - Ettrick	102	83	26	25		236	
Institute Rural Young People - Blacksburg	16	7				23	
<b>Totals</b>	<b>513</b>	<b>677</b>	<b>97</b>	<b>140</b>	<b>23</b>	<b>1566</b>	<b>57 59</b>
<b>Grand Totals</b>	<b>1026</b>	<b>1854</b>	<b>203</b>	<b>344</b>	<b>31</b>	<b>3570</b>	

State 4-H Club Short Course - The State Short Course for 4-H club boys and girls is held annually the last week of July at the State Agricultural College. Eighty-nine counties were represented this year with a total of 1199 members divided as follows: 522 girls, 347 boys, 62 men leaders, 107 women leaders, 116 All Stars and 15 special help.

The State Girls' Club Agent is responsible for the girls' program and the State Boys' Club Agent for the boys' program and both for the management of the Short Course. The resident staff of the Extension Division, the district home demonstration agents, and designated farm and home demonstration agents assist with the Short Course.

Since the State Short Course is planned to stimulate the work of every club, the aim has been to have two representatives (one girl and one boy) from every club attend, rather than a large delegation from one club. A minimum age limit of fourteen years is required. The cost to members for board and lodging is \$5.00. Two leaders from each county are given board and lodging.

**The Program** - The program is planned to give a good mixture of information, recreation, fun and fellowship. See attached program. It is very carefully developed so that every phase is made as attractive and enjoyable as possible, and as different from the programs of county camps. Every opportunity is used to develop leadership and initiative.

**a. Discussion Groups**

The most popular feature of the State Short Course is the group discussions, the organization of which is (here) explained in this section of the program.

**JUNIOR CONFERENCE**

(Boys and Girls 14, 15, and 16 years)

Time: 8:15-10:30 A. M. daily.

Place: Auditorium of T. & A. Building.

Theme: "GOING PLACES."

**Tuesday -**

Am I a good traveler?

Dr. M'Ledge Moffett, Dean of Women, State Teachers College, Radford, Virginia.

**Wednesday -**

Am I ready for work or play?

Miss Ella Gardner, Recreation Specialist, U. S. Department of Agriculture, Washington, D. C.

**Thursday -**

Do I have the fare?

Panel - led by Miss Maude E. Wallace, Assistant Director of Extension, V. P. I., Blacksburg, Virginia.

**Friday -**

Can I read the maps and sign posts?

Reverend J. Morris Trimmer, Baptist Church, Salem, Virginia.

**Organization -**

After the presentation of each day's topic, the members will separate into small discussion groups. Each group will have an adult sponsor and a selected club member to serve as discussion leader.

Each day the sponsors and members selected to lead the discussion for the next day will meet at 10:45 A. M. in Room 111, Patton Hall, for special training.

**Director of Junior Conference -**

Miss Sally Guy Davis, District Home Demonstration Agent, assisted by Mr. F. L. Price, Assistant County Agent, Franklin County.

**Sponsors for Discussion Groups -**

Group 1 - Miss Mattie Downing, Home Demonstration Agent, Buckingham County, Room 201, T. & A. Building.

Group 2 - Miss Catherine Peery, Home Demonstration Agent, Giles County, Room 202, T. & A. Building.

Group 3 - Miss Lucille Zion, Home Demonstration Agent, Henry County, Room 307, T. & A. Building.

Group 4 - Miss Lucy Blake, Home Demonstration Agent, Fairfax County, Room 109, Patton Hall.

Group 5 - Miss Eva Minix, Home Demonstration Agent, Nansemond County, Room 111, Patton Hall.

Group 6 - Miss Nancy Tyree, Home Demonstration Agent, Prince George County, Room 113, Patton Hall.

Group 7 - Mr. J. F. Blair, Assistant County Agent, Appomattox County, Room 210, Patton Hall.

Group 8 - Mr. H. C. Jackson, Assistant County Agent, Southampton County, Room 211, Patton Hall.

Group 9 - Mr. Guy R. Davis, Assistant County Agent, Middlesex County, Room 230, Patton Hall.

Group 10 - Mr. D. W. Lanford, Assistant County Agent, Lancaster County, Room 215, Patton Hall.

Group 11 - Mr. F. L. Price, Assistant County Agent, Franklin County, Room 316, Patton Hall.

Group 12 - Mr. N. E. Landis, Assistant County Agent, Brunswick County, Auditorium T. & A. Building.

**SENIOR CONFERENCE**

(Girls and boys 17 years and over)

Time: 8:15-10:30 A. M. daily.

Place: Assembly Hall, Student Activities Building.

Theme: "The Farmer Family Faces Facts."

**Tuesday -**

Fred - "Is it up to me?"

Mr. Eugene Merritt, Extension Service, U. S. Department of Agriculture, Washington, D. C.

**Wednesday -**

Henry - "Is it good business for me to buy the others out?"

Dr. J. A. Maxton, Agricultural Economist, V. P. I., Blacksburg, Virginia.

**Thursday -**

Eleanor - (Does some midnight thinking.)

Dr. M'Ledge Moffett, Dean of Women, State Teachers College, Radford, Virginia.

**Friday -**

Dorothy - "Shall Henry and I tackle the Problem?"

Panel discussion. Conference summary by Miss Ella Gardner, Recreation Specialist, U. S. Department of Agriculture, Washington, D. C. and Mr. Eugene Merritt, U. S. Department of Agriculture, Washington, D. C.

**Organization -**

After the presentation of each day's topic, the members will separate into small discussion groups. Each group will have an adult sponsor and a selected club member to serve as discussion leader.

Each day the sponsors and members selected to lead the discussion for the next day will meet at 10:45 A. M. in Room 230, Student Activities Building, for special training.

**Directors of Senior Conference -**

Miss Helen Ricks, District Home Demonstration Agent.

Mr. W. L. Blair, Jr., Assistant County Agent, Spotsylvania County.

**Sponsors for Discussion Groups -**

Group A - Miss Marion Lawrence, Home Demonstration Agent, Henrico County, Room 201, Student Activities Building.

Group B - Miss Allen Webb, Home Demonstration Agent, Prince William County, Room 202, Student Activities Building.

Group C - Miss Exie Lassetter, Home Demonstration Agent, Norfolk County, Room 205, Student Activities Building.

Group D - Miss Ruth Burruss, Home Demonstration Agent, Albemarle County, Room 216, Student Activities Building.

Group E - Miss Jesse Hammerly, Home Demonstration Agent, Roanoke County, Room 219, Student Activities Building.

Group F - Miss Martha Wade Allison, Home Demonstration Agent, Tazewell County, Room 221, Student Activities Building.

Group G - Mr. Henry Hutcheson, County Agent, Middlesex County, Room 224, Student Activities Building.

A class in Group Discussion leadership was held daily for those selected as discussion leaders and for the technical advisors (adults). The accompanying extracts from the "H-H Club Letter" gives a full report of the discussions. The Senior Conference discussion was the best that has ever been held here. A case in the form of "The Farmer Family Faces Facts" was made which featured pertinent problems facing most any young people today. More than 500 participated in this group.

Each member was given a booklet containing the case and suggested questions and problems for daily discussion

## Conference Summaries —

### Junior—

"Going Places?" asked the club boys and girls of 14 to 16 years of age of themselves each morning during the Short Course. That was the general theme, but more specific questions were: Am I a Good Traveler? Am I Ready for Work or Play? Do I Have the Fare? And, Can I Read the Maps and Sign Posts?

Dr. M'Ledge Moffett, dean of women, Radford State Teachers' College, suggested that the good traveler would ask himself: Who am I that I should go places? Where do I want to go? Why do I want to go? What will I be when I get back from going places? The dozen discussion groups responded to these questions by listing these assets for the trip on life's highway: Know where you are going; have ability to do things, good personality, good physical, and mental condition; be well informed, cooperative, and respectful of others; and have the right attitude toward life.

After listening to Miss Ella Gardner, recreation specialist, U. S. D. A., on the question, Am I Ready for Work or Play? the discussion groups avoided the characteristics of "Headless Hustler, Weary Watts and Lonely Lou," and set for physical attainment the items of body balance, coordination, correction of faults, and protective measures; and for mental attainment, emotional control, interest in people and situations, a constructive viewpoint, and efficiency in thought and attitudes. Good health habits and cheerfulness, were chosen as fundamental starting points.

#### Do I Have the Fare?

Refusing to waste time with the thought that money is the only fare, the Juniors got to work Thursday on finding four things to add to the ability to earn money: ambition, determination, willingness, cooperation. Using time and money to the best advantage and developing talents were considered no less important factors. Consideration was also given to those things which make a home an attractive place in which to live. And a panel, conducted by Miss Maude Wallace, state home demonstration agent, brought forth from selected club members some practical ways in which "the fare" could be earned by application of time and talents.

In a final summary of the problem of "the fare," the group listed these contributing factors: confidence in self and interest in activities, ambition and determination to succeed, health, honesty, personal qualities, and money.

It should be mentioned here that all through the Junior Conference program were scattered many pertinent questions by which club members could evaluate themselves. Club members who weren't at Blacksburg for the Short Course will find these personal test questions interesting. Ask for them from a friend who attended!

Rev. J. Morris Trimmer, of the Salem Baptist Church, spoke to the Junior group Friday about reading maps and sign posts, and stressed the idea that, "As our dreams are, so are we. We shape in thought what soon we shape in deed, and what we daily hold within, we grow to be."

Well aware, by this time, of the value of sign posts and guides, and having in hand a list of the most important ones, such as health rules, "speed limits," keeping the goal in sight, etc., the Juniors decided that good sources for good guides were signs along the road, schools, church, clubs, books, the Bible, biographies, etc.

### Senior—

Club boys and girls 17 years of age and over joined in a daily conference Tuesday through Friday in which they placed themselves in the role of a farm family faced with the problem of who should take over the 150 acre, mortgaged-for-\$500 farm, Fred, the older son, or Henry, the younger. Because the father is ill, crops have been failures. The parents would like both sons to settle on the place, but Fred would like a job in town, and Henry, who likes farming, feels the place isn't big enough for two to make a living.

Fred has finished three years in college, Henry one, and sister Eleanor has just finished high school. Though she has planned to go to college, she enters the problem because of lack of funds and the attentions of a likable and ambitious farm neighbor boy, John. Henry has also complicated matters by becoming engaged to Dorothy, a city girl who knows nothing of farm life.

Fred is faced with the question, Is it up to me? Mr. Eugene Merritt, of the extension service of the U. S. D. A., helped pose the question. The group put the problem on the basis of self-analysis and that a liking for farm work, good health, managerial ability, initiative, perseverance, and experience were some of the things a farm boy needs if he wants to succeed at farming. Enjoyment of rural life, some suitable method of financing, a desire to cooperate in family and community aims and accomplishments, were added to the list for both boys and girls. Liking for some of the farm chores and for farm home life, interest in producing and preserving a living at home, cooperation, farm and home budgeting, and getting meals on time, fell to the girls' side of the ledger.

#### Family Cooperation

Mr. Merritt pointed out that the wife's cooperation influences the farm income. He gave results of a study which showed that where the wife gave full cooperation in farm living, the income was twice that of families in which her cooperation was least. Likewise, the matter of liking farm work and farm life has been studied, and those who farm because they like it have been found to be twice as successful as those who farm simply because they inherited some land.

Naturally, ambition to succeed and good judgment also were listed. And the dozen discussion groups which talked over the problem decided that the son who had most of the qualifications they had listed should stay on the farm.

Wednesday, Henry debated whether or not he should take over the farm and under what conditions. Dr. J. L. Maxton, of the agricultural economics department at V.P.I., helped with the problem by pointing out the most important factors. It was decided that fertility of the soil, location of the farm with reference to markets, schools, etc.; adaptability of the land to the desired type of farming, available capital, clear title, modern conveniences, and the condition of equipment and buildings, all must be considered. The chief question knitting all considerations together was — Can this farm

produce enough for me to achieve the standard of living I would like my family to have?

Various levels of farm family living and the possibility of expanding the farm were brought into the picture. Since it was generally felt by the groups that Henry should take over the farm, it was agreed that he should do so through a written agreement with the rest of the family or by purchasing the farm from the parents, with the aid of a farm loan of a long-time payment plan. In either case, club members thought Henry, if he was to operate the farm, should have complete control.

When Dorothy entered the picture Thursday, Dr. M'Ledge Moffett, dean of women at Radford State Teachers' College, was at hand to list some things to be considered in choosing a mate: intelligence, cooperation, mutual interests, church membership, heredity, abilities, dispositions and habits. There was grave doubt about Dorothy's fitting into farm life and club members decided that she ought to give herself a test, by spending some time on somebody's farm, doing farm chores and farm housework. If she finds that she likes farm life and can score well on other points listed, then Cupid spoke to Henry with wisdom.

Eleanor's problem put the Senior and Junior conferences much in the same vein, for Eleanor was faced with the question, What do I want to make of my life? Four years at college may be misapplied if one is not sure of his aim in life. So it became Eleanor's problem to check her abilities against her ambitions and to choose the best part, expecting in any case that the attainment of ideals, the assimilation of culture, the absorption of an education, are difficult tasks which take much individual effort.

b. Social Recreation

Much attention was given to instruction in recreation under trained leadership. Every member at the short course enrolled in one of these courses: Song Leadership, Game Leadership, Party Planning, Dramatics, and Folk Dancing. These classes were planned so as not to duplicate work given at other camps. These classes supplied the leadership for the play hour on the lawn each evening when the entire State Short Course group came together for a jolly good time, and also for the evening program in the Auditorium.

c. State Leaders' Conference

The 4-H leaders (adult) attending the State Short Course met daily while the members were in having their discussions. Their program centered around "Techniques of Social Recreation" See program for daily topics.

Leaders—

While the Junior and Senior groups were considering "Going Places" and the facts of farm life and making a farm living, the Leaders met daily to study plays and play production, folk games and choric speaking, informal dramatics, and festival program building. Assistance in this work was given by Miss Ella Gardner, recreation specialist, U. S. D. A.; Mrs. J. E. Hillman, Jr., Emory, Virginia; Mrs. Harriet Zehmer, department of music, Richmond public schools; and Mrs. Rosalind F. Reiman, of New York, specialist in folk dancing and choric speaking.

Mrs. Zehmer advocates that club members at meetings, "Use singing and enjoy it, use light music and light tone qualities, and use any talent within the group."

Mrs. Hillman listed these "do's" for work in amateur plays: Be your character, get into character three minutes before the show starts, have tryouts, post list of rehearsals, practice each character diction, have one director, have a good business manager and wardrobe mistress. Don't make unnecessary movements, walk in a straight line, have skits or songs between scenes, be careless about stage grouping.

Said President Emma Mantiply, "There has been more cooperation and interest shown among the leaders of this conference than I have seen in previous group meetings. I foretell that the coming year will be one of greater enjoyment for both club members and leaders in our recreational programs back home."

Over the radio program Friday she summarized: "From the conference we (the leaders) feel we are better fitted to guide intelligently the rural boys and girls in a recreational program that will educate as well be fun for everybody."

d. The All Star Chapter

The Virginia Chapter of All Stars is the honorary organization for 4-H club work. It is organized to give recognition to the many club members who are worthy of special honor. Each county may recommend one girl and one boy each year for membership. Special blanks are provided for this. This must be done jointly by the All Star members in the county and both the farm and home demonstration agents. New members are taken in the last night of

the State Short Course, provided they are there in person. Service is the keynote of this organization, and every effort is exerted to take in only those members who have shown by their work that they are worthy.

Some county chapters are very active with definite programs to promote club work in their counties. Many have already established the custom of holding a get-together during Christmas holidays largely for good times. Quite a number of chapters have assumed the responsibility of securing club leaders, organizing new clubs where needed, and financing county winners to state short course.

### State Conference All Stars

#### All Stars—

Well over 100 All-Stars, largest constellation for Virginia so far, had a jolly good time mixed with some serious thought and preparation for the Short Course, when they met for their sixteenth Annual Conference Friday through Monday, July 15-18.

An informal party Friday evening served to initiate new members. Saturday they were welcomed by State Club Agent G. A. Elcan, and heard Big Chief Doris Cocks outline the objectives of the conference, and reports on out-of-state trips from Miss Margaret Dickenson, who attended the rural youth section of the American Country Life Association meeting last fall in Kansas, and from Miss Gertrude Drinker, who attended the Washington Council of All-Stars.

Mr. Eugene Merritt, extension service, U. S. D. A., spoke on "Developing Community Assets." And Miss Hallie Hughes and Mr. Elcan told of the Short Course plans.

Saturday afternoon the All-Stars were busy with committee work and, later, enjoyed a water carnival at the college pool. The Saturday night banquet featured Earl Shiflett as toastmaster and E. R. Price, editor for the Virginia extension service, as speaker. A social program followed.

Sunday the group attended special services at the Methodist church. The confer-

ence sermon, by Rev. J. A. Johnson, emphasized the importance of being an aristocrat of mind, body, and spirit. At Union Services in the Garden Theater Sunday evening, Dr. R. A. Lapsley, of the South Roanoke Presbyterian Church, spoke on "Choose the Best," using as his theme the story of Ruth.

The All-Stars spent Monday morning on matters of business, presented a radio program at noon from the college studios, and were busy in the afternoon and evening receiving delegates for the Short Course.

#### e. Special Features

The afternoon club assembly, vespers, play period and evening program were carefully planned, with much attention to details, so that they might serve as standards for conducting such meetings in the local clubs. The members presided over all of these events, and participated in the programs.

## Special Events

The afternoon assembly and the evening entertainment programs were two more highlights of the conference.

Dr. Julian A. Burruss, president of Virginia Tech, welcomed the 1200 club delegates to the Nineteenth Annual Short Course at the first assembly Monday night, July 18. He expressed the belief that the problems and responsibilities of the future are best prepared for by 4-H club work, and the hope that eventually each county will have a special club agent.

Tuesday evening the All-Stars presented a program of scenes from the life of Johann Sebastian Bach, German composer of the early eighteenth century. One of Bach's chief contributions was church music. He was himself a great organist, and one of a line of noted musical families numbering twenty among the great.

Wednesday evening the Short Course presented the Barter Players, unique troupe from Abingdon, Virginia, in Philip Barry's comedy "Spring Dance," romance of college days at a girls' school.

A minstrel show and the All-Star Consecration Service occupied the Thursday and Friday evening programs. Forty-eight girls, 36 boys, and one honorary member were initiated by the All-Stars. The honorary member was L. R. Harrill, North Carolina state club agent.

### Vespers

Under the leadership of Dr. V. P. Bodein, pastor of the Blacksburg Baptist Church, vespers were held each evening from 6:30 to 7:00, indoors for the most part, because of the weather. Dr. Bodein's topics were: "I Am a Person," "I Am the Captain of My Soul," "I Grow to Resemble Whatever I Care for," and "I Set up Goals and Press On."

### Radio Programs

Eight to ten club members, selected from the discussion groups of the junior and senior conferences, took part each day on special radio programs from campus studios at the noon hour Wednesday, Thursday, and Friday. The victims were asked a variety of questions relating to the conference topics and discussions.

### Annual Reception

The annual 4-H Short Course tea and reception was held Thursday afternoon from 4:00 to 5:30 in Faculty Center, where club delegates met members of the State Club Department and the officers of the Short Course, the All-Stars and the Leaders organizations.

## Other Short Courses

Other interesting courses which attracted large numbers of 4-H club delegates were: "Here's How Courtesies for Girls and Boys," with Miss Janet Cameron as instructor; "Snakes, Sapsuckers, Sweet Peas, and Skunks," a course on wildlife, with C. O. Handley, C. F. DeLaBarre, L. S. Givens, and C. F. Phelps, collaborating in instruction.

### Driver Testing

A special attraction this year was the scientific driver testing made available through a trailer unit supplied by the American Automobile Association. H. C. Ahalt, of the V. P. I. mathematics department, and State Highway Patrolman Tucker were in charge. It is not known how many club members took to the test, or how many failed or passed it, but a good deal of interest or curiosity was in evidence. ~~Judging from the~~

daily column in "Clover Leaves," Short Course newspaper, a thorough educational campaign for young drivers was in full swing.

## 4. Publicity

The Virginia 4-H Club Letter is a four-page publication issued monthly by the Extension Division. It is devoted entirely to club work and is distributed gratis to all club members, leaders, county board members, state and county papers, and others interested in club work. The State Girls' Club Agent shares jointly with the State Boys' Club Agent in the monthly preparation of the manuscript for this paper. It now has a circulation of over 30,000 copies. Copy attached to this report.

Publicity for 4-H club work is also secured through the county and state papers and the agricultural publications. Many agricultural and national papers have carried club stories and pictures during the year.

Arrangements were made with the county home demonstration agents and county club agents in counties adjacent to the college in cooperation with the State Club Department for a series of radio programs two times a month. In addition, talks and data have been furnished to the other radio stations in the state. A special program was arranged in cooperation with the National 4-H Achievement Radio program in November.

5. Cooperation State Federation Home Demonstration Clubs

The State Federation of Home Demonstration Clubs has always shown much interest in the 4-H club program. About ten years ago they established a revolving loan fund of \$3000.00 for college education. To date, fifteen girls have received help; three are now in college. The Federation also finances the expenses of the two girls to the National 4-H Club Camp. At present they have a State Youth Committee which is making definite recommendations to all home demonstration clubs to study this problem in their own communities. The State Girls' Club Agent is advisor to this committee and serves as chairman of the scholarship fund committee.

6. Recreation

Information on recreation and increasing the recreational opportunities is as much a need of rural girls and boys as is the knowledge of better farm and home practices. Therefore the 4-H club program strives for a balance of work and play for every club meeting. A lack of recreational leadership is the big handicap.

a. Training

There is no state specialist in recreation. Therefore assistance is sought from every possible source. The most systematic training is that given by the County 4-H Council and the 4-H club camps. Many councils have made county programs that are used as a basis by local clubs.

b. Recreation Integrated in Community Programs

Before a committee plans for the recreation program for a club, they list all the recreational activities in the community and by whom sponsored, so that there may be no duplications. They then decide what is most needed and wanted. Each club elects a recreation leader (a member), who is responsible for the program. This naturally embraces a wide range of interests - music, games (social and equipment), plays and skits, banquets, picnics, hikes, tours, trips and hobbies. There is such a lack of recreation in most communities that the wholesome plays of the clubs meet an eager response in the homes and communities. This extract from the Campbell County Home Demonstration Agent's report shows the value of an integrated program and how skillfully the recreation was integrated.

"Recreation has been promoted by the 4-H club in both the homes and communities through the girls project "Fun and Hospitality in the Home" and the community projects. Interest has grown through the program and during the year 42 special occasions have been spent in community fun with a total attendance of 1300. Homes have developed more recreation through efforts of club members. Four clubs have had a candle lighting service, and 16 clubs

have had some recreation at all club meetings. Two groups have done excellent work in music appreciation under the guidance of their leaders. Other recreation at club meetings has included picnics, parties, organized games and contests. 77 girls report birthday parties for some member of the family. Five clubs gave birthday parties to mothers or little brothers or sisters. The attendance at these was 148."

Page 16 gives full account of the project program.

Excerpts from other county reports:

Norfolk - "The 4-H clubs decided at the beginning of the year to sponsor community recreation as their community project. Twenty-five well planned parties were given. Committees of club girls and boys advise with the leaders and agents in planning games and refreshments. The club members had responsibility of carrying out the plans. The parties were well attended. Admission was charged at some of these and the funds put in club treasury. One club is building an outdoor fireplace to be used by all groups in the community. Five clubs enjoyed week-end camps and hikes."

Lee - "The recreational activity of the 4-H clubs is a most important part of the 4-H program. The club members learn to carry out planned recreational activities. Committees are appointed to plan and take definite responsibility for every social given by the club. Each of the clubs have had picnics and parties. At the summer meetings part of each is given over to some recreational activity. The game leader takes charge of this. New games which can be played in groups and at home are learned."

Hottoway - "A Valentine party was given by the Crewe 4-H club to all other club members and two hundred people enjoyed this well planned social. Fifteen other socials of various types were enjoyed by club members and their friends. Another event was a baquet given for 4-H club leaders and council members. A square dance was held at Blackstone Grange Hall and boxes were sold for the benefit of the 4-H Club council. The 4-H club boys and girls made 200 games which will be enjoyed in the homes and community."

Prince George - "There were girl recreation leaders in each club that attended to supervising at least two games at the end of each club meeting. One of the groups spent half of their regular monthly night meetings on recreation. Two groups held two picnics each. Each group had at least one picnic. Two groups had Trail Cookery demonstrations. One club had a Christmas party for their beaus. One club had a kitchen shower for their adult leader, who started keeping house during the year. Reports have come to the agent of many happy Saturday and Sunday night family functions where the 4-H club members have led in games and songs."

Roanoke - "All clubs have recreation periods. Songs and games are taught. Each club has had a picnic, a hike, a party or all three. All clubs have had some program at which refreshments were served. Plays were put on by 20 clubs during the year."

Roanoke (continued) - "The year's work for Juniors was climaxed by a party, the outgoing Junior Council entertaining the incoming Junior Council. 95 members were present even though it rained very hard. A program was prepared by a committee of girls and leaders, a Mother Goose's Thanksgiving Dinner play presented by a club. The party ended with a Snake Dance and refreshments."

Alleghany - "Parties, picnics, hikes, games, out-of-door meals, singing and showers were the forms of recreation that the clubs held this year. There were twelve Christmas Parties, three Hallowe'en, two Thanksgiving, four Easter and two Valentine parties. One of the clubs gave a shower for three of its club members who moved to another state. Club members held fourteen out-of-door meals this summer, two hikes, and three picnics. This makes a total of 43 special recreational events. In addition to this we always have games and singing at regular club meetings whenever time permits.

#### c. Recreation Projects

The majority of the community projects conducted by the local clubs are in the field of recreation or social service. The recreation projects featured were: providing picnic grounds for the community; securing recreation rooms; building outdoor fireplaces; making homemade games; giving community socials and play production. Counties reporting on this showed that 222 clubs produced plays, 70 assisted in securing community libraries, 67 developed picnic grounds, and 51 built outdoor fireplaces.

### VIII SPECIAL

#### 1. Assistance Needed from Federal Extension Office

##### Specialist Help

The state program is in need of help from the Federal Office at regular intervals yearly to analyze programs and make recommendations in the light of the developments in other states and in helping with national trends.

This assistance is urgently needed:

The specialist in organization of 4-H club work for conferences.

The specialist in charge of work with the older youth for Institute of Older Youth.

The recreation specialist for leader training.

#### 2. Publications

Since practically all 4-H clubs use some form of recreation at their meetings, printed material on recreation should be made available. If the extension program is for the purpose of enriching country life, then surely the need of human beings for recreation, which is so fundamental to every organization, should be considered and bulletins provided, just as they now are in abundance for pigs and cows.

The "Handbook on Recreation" prepared by Ella Gardner for the United States Department of Labor is the type of material that should be made available. In addition, a publication giving specific plans and methods for the development of camps and camp programs; recreation centers; dramatics; music; hikes; and the creative arts are needed.

A handbook on suggestions for camp organization and programs is urgently needed so that more and more agents and local leaders and members may do more of the basic planning.

### 3. Outlook

More Leaders - With the increasing demands on the home demonstration agents' time, more progress must be made in the use and development of local leaders.

Relocate Clubs - In this connection it is believed that the 4-H clubs should be relocated and organized in the small neighborhoods. In this way the needs of the members can be more adequately met and the leadership more easily secured. Monthly meetings can then be held in homes.

More Work with Those Isolated - More work should be done for those members who cannot get to club meetings. This will have to be done through home visits. With 106,000 children of school age in Virginia who are not on the school rolls it seems that a special project should be developed to train leaders to reach these members.

Expand Work with Older Youth - Clubs for older youth (17-25 years) are needed in every county for both farm and non-farm groups. The techniques of working with these young people should be made available and more effort focused on this phase of work by all extension workers.

Continue Cooperation with Vocational Home Economics - Close cooperation of the extension staff and vocational home economics staff must be continued more vigorously to develop programs to meet the needs of rural women and girls.

Summary of Club Work Over a Period of Two  
Years for Negro and White Club Members  
Supervised by Home Demonstration Agents

Total Number of	Negro		White		Total for negroes & white, 1938
	1937	1938	1937	1938	
Counties with work.....	8	8	54	57	65
Members enrolled.....	3323	3305	14,622	15,350	18,655
Members completed.....	2209	2771	10,802	11,182	13,953
Percent members' completions.....	66.5	83.8	73.9	72.3	74.8
Total projects conducted.....	7078	8733	10,046	34,721	43,459
Percent projects completed.....	69.7	84.5	71.5	73.5	75.9
Number of clubs.....	137	133	722	749	882
Number of leaders.....	178	233	767	1270	1503
Number of county councils.....	8	8	53	109	117
Number of county Achievement Days..	7	5	50	60	65
Number of 4-H camps.....	0	0	24	97	97
Attendance at 4-H camps.....	0	0	3436	4510	4510
Personal accounts, inventories, budgets kept in addition to pro- ject records.....					16,771

### Camps

Camps have three important objectives: (a) recognize good work; (b) to teach group responsibility; (c) to give the member a good time. Plans for conducting a county camp or sending delegates to a district or state short course should be made early in the year so that announcement may be made to all members. Only those members reaching the standards required for attendance at camp should be allowed to go. These standards should be made by the camp committee of the County 4-H Club Council.

Attendance at the State 4-H Short Course is limited to two delegates - one boy and one girl from each club. Those attending must be active club members with work up to date and not less than 14 years old. Clubs should send different delegates each year.

### Exhibits

Exhibits offer excellent opportunity to show results of members' project work. These may be held as part of achievement day programs, or in connection with a fair. Such planning is necessary to make the exhibits educational. In making awards it is advisable to place all articles in a class into three groups graded according to quality - for example:

Blue ribbon group - grade of 90 to 100  
Red ribbon group - grade of 80 to 89  
White ribbon group - grade of 70 to 79

### THE VIRGINIA 4-H CLUB LETTER

This is a monthly paper containing instructions and news of 4-H club work throughout the state. It is sent free to every member and club leader.

### 4-H CEREMONIES

Ceremonies, when properly conducted, make a real contribution to the club program. They should not be attempted unless careful arrangements have been made, each person well trained and the proper setting secured. Ceremonies suggested are:

Installation of 4-H Club Officers - No. 22,240  
Initiation of New Members - No. 22,240-a  
Candle Lighting - No. 22,241-b

### EMBLEMS, COLORS, MOTTOES, PINS

The official emblem is a four-leaf clover with letter "H" on each leaflet, symbolizing the four-square development of Head, Heart, Hands and Health. The emblem is protected by United States Department of Agriculture copyright.

(my Head to clearer thinking,

Pledge - I pledge (my Heart to greater loyalty,

(my Hands to larger service, and

(my Health to better living,

for my club, my community, and my country.

Note: In repeating the pledge, raise right hand to side of head when speaking line No. 1; lower right hand over left breast when speaking line No. 2; extend hands, palms upward, when speaking line No. 3; and stand at attention when speaking line No. 4.

Motto - "To Make the Best Better."

Colors - Green and white are the 4-H club colors. Green, nature's most common color, is emblematic of springtime, life and youth. White symbolizes purity and high ideals.

Pins - The National 4-H club pin may be worn only by members who have completed one year of club work. These can be ordered only through the county extension agents. Club leaders' pins are secured in the same way.

Pennants, caps, pins, uniforms and other 4-H club supplies described in the 4-H Handy Book may be bought from the National Committee on Boys and Girls Club Work, 56 West Congress Street, Chicago, Illinois.

BUILDING THE LOCAL 4-H CLUB PROGRAM

"A primary principle in building a program is to avoid the coddling attitude, giving too much and expecting too little. Participation, initiative, helping to build and create their own play places and equipment, giving something in return for receiving, are sound tactics recreationally, educationally, and spiritually, for youth as well as adults."

PLAN OF WORK AND PROGRAMS DEFINED

Each 4-H club should begin the club year with a written plan of work for the entire year, and programs made for each monthly meeting. This plan of work is an outline of specific activities which the club will undertake during the year; it forms the basis for monthly meetings. It is as essential to the club as a compass is to a mariner; it points the way. The programs for monthly meetings are like a schedule; they tell when things are to be done. The only real reason for meeting is to carry out the objectives set by the club.

By Whom Made

The club plan of work and monthly programs should be made by a committee, preferably the club officers working with the leaders and county extension agents. This committee should meet between the time of the County 4-H Council (in November or December) when training on program making is given, and the December club meeting. Both the plan of work and monthly programs should be presented at the December club meeting for approval of the club, and when adopted should be entered in the secretary's book.

Steps in Building the Club Program

1. Analyzing the Community

Study the activities of the other organizations in the community (do not include any 4-H activities) and itemize the contributions each makes to the interests and needs of girls and boys of club age. This should be written on paper or blackboard. A graphic picture of the situation in a community may be obtained by using this chart:

No. members in club:	No. members participating in each activity								
	Social Affairs		Athletic Events				Creative Arts		Discussion and study groups
Girls	Socials and Parties	Picnics	Team Games	Swimming	Drama	Crafts and Hobbies	Music		
Boys			Tournaments	Skating					
			Play	Watch	Play	Watch			
10-14 yrs.									
14-21 yrs.									

Suppose the analysis chart for the Cove Club showed that last year, in addition to the club activities, there was:

- 1 Sunday School picnic - majority members attended
- 1 community social - majority members attended
- 1 school baseball team (3 club members on team)

Then the committee would know that with so few activities there would be no danger of overlapping, and that a well rounded recreational program was needed. Should there be many athletic events already provided, the committee should omit athletics from its program and concentrate on the social and creative activities. Each club's plan of work will necessarily be different because each community is different.

After this data has been secured for the community, the program committee should discuss the situation to see to what extent other activities are being duplicated and if the needs of young people are being met.

## 2. Making the Club Plan of Work

With a clear picture of what the community has to offer, the next step is to decide what the club can do to help meet the needs and interests of its members during the year. The committee should check carefully with the county plan of work (made by County Council). The November club meeting should provide for a full discussion of interests and objectives, both for individual members and the club as a whole. The plan of work may be set up in this way:

### The Cove 4-H Club Plan of Work

1. Conduct all club business in approved manner according to parliamentary procedure.
  2. Each member make complete report.
  3. Take part in county-wide activities sponsored by the County 4-H Council, contests, Achievement Day, camps, etc. (Each event must be listed)
  4. Have a strong recreational program
    - a. Hold 1 picnic
    - b. Hold 2 community socials
    - c. Hold 1 play
    - d. Have games at each meeting
    - e. Try to get each member to make a "home equipment" game
    - f. Have a club chorus
  5. Secure picnic grounds for the community and build an outdoor fireplace.
  6. Discuss some phase of personal improvement at each meeting.
- Note: Develop other goals.

## 3. Making Programs for Monthly Club Meetings

The club plan of work forms the basis for the monthly meetings. When this is decided upon, the actual making of the program for each meeting is easy. A simple procedure is outlined on the next page. This places each item in the plan of work at the time it should come. Check with the 4-H Club Calendar to see that all activities are included.

After the topics have been developed for each month, the names of those who are to do each thing should be written in. Do not let a member appear on any program the second time until all the other members have done so. The club should develop all members and not give more opportunity to those who already know how to do things well.

After the club plan of work and programs for monthly meetings have been made, they should be entered in the secretary's minute book and a copy given the leader. At the end of each meeting, read over the program for the next meeting and make changes if needed.

## SAMPLE PROGRAM FOR MONTHLY MEETINGS

When each part of club plan is made	Plan of Work for Cowe 4-H Club				
	Conduct club business according to Parliamentary Law	Each member make complete report	Take part in county-wide activities	Rec. prog; 1 picnic, 2 socials, 1 play, games for meetings, 4-H chorus	Personal improvement
January	Discuss money making plans. Committee repts. Appoint parliamentary critic.	Check monthly record and monthly account.	Instruction on health topics.	Appt. com. for Valentine party. Select 4-H chorus. Games	What are good manners?
February	Initiate new members. Committee reports	Check monthly record and monthly accounts.	Plans for county camps. Appoint committee for picnic grounds	Valentine party. Appoint committee for club play. Games	Introductions. Greetings. Games
March	Committee reports. Who goes to camp?	Check monthly record and monthly account.	Committee reports on Achievement Day plans.	Demonstrate home equipment games. Games	How do you laugh?
April	Make plans for summer meetings	Check monthly record and monthly account	Check on Health. Discussion club	Song by chorus Give club play. Games.	Table manners.
May	Plans for officers to attend County Council	Check monthly record and monthly account.	Elect delegates to camps	Games	Etiquette for camps.
June	Committee reports. Check on club plan of work	Display 4-H Books.	Build fireplace.	Song by chorus. Games	Courtesies to parents
July	Committee reports	Check monthly record and monthly account.	Announcement final plans for Achievement Day.	Plans for club picnic. Games	Courtesies to brothers & sisters
August	Elect project committee. Discuss project program for next yr.	Check monthly record and monthly account.	Plans for club Achievement program.	Club picnic Games	Picnic courtesies.
September	Committee repts. Achievement Day	Discussion of project records.	Hold club contests.	Games	School bus etiquette.
October	Completing yr's work.	Complete member's project reports.	Attend Co. Achievement Day.	Song by chorus. Exhibit home equipment games. Games	Preventing colds.
November	Enroll members Elect officers Appt. com. Discuss objectives for next year.	Make or reorganize 4-H Book.	Officers attend County Council meeting.	Plans for Christmas. Games.	Personal grooming.
December	Install officers Rept. of com. Adopt club plan of work	Discuss personal account	Check on health score.	Christmas Party	Christmas giving thoughtfulness.

(Develop other goals in like manner.)

HEALTH THE WEALTH WE KEEP AND SHARE

The 4-H health program is presented with the hope that every club member will get more inspiration and direct help in the understanding of his own personal problems in achieving good health so that he may enjoy better living and help others by precept and example. One of the underlying principles of 4-H club work is a clear understanding of the "whys" of practices followed in club projects. Of greater importance still is an understanding of the "whys" of recommended health practices. We expect 4-H club members to want to have the whys intelligently understood and therefore more effectively put into practice.

Making Health Program

The health score presents a standard, each division of which has been given a numerical rating to help the member in checking himself. After the member has scored himself, he should check in Column 3 the improvements to be made. This should be done at the November club meeting. The program committee should make a list of these desired improvements and arrange for instructions at the club meetings. There may be several; it is best to take a few at a time.

The items which the members list in Column 3 comprise the health program for the club and necessary time in club meetings should be given to a discussion of these points. At the end of the year the improved scores for all members will be the source from which the report of club progress is drawn.

4-H CLUB HEALTH SCORE

Points of Score	Per- fect Score	Mem- ber's score	Improvements to be made	Accomplished	Im- proved score
<u>Individual Improvement:</u>					
Adequate meals daily	9				
9 hours sleep daily	9				
Vision normal or corrected	5				
Hearing normal or corrected	5				
Teeth sound or defects cor- rected	7				
Weight or growth normal	5				
Personal cleanliness (body and clothes)	6				
Avoidance of all stimulants and narcotics	6				
Wear clothes and shoes for comfort and health	5				
Posture erect and well bal- anced	7				
<u>Home Improvement:</u>					
House completely screened	9				
Home water supply free from surface contamination	9				
Sanitary toilet, clean and orderly conditions around house, barns, etc.	9				
Sanitary disposal of garbage	9				

4-H FOOD AND NUTRITION UNITS

The phases of food and nutrition most needed in the average home are divided into five units. These are planned to help the member to see the relationship of the food she eats to her health, to help her learn how to plan for the food needs of her family, and to assume some of the responsibility for planning, preparing and serving the three meals a day.

All of the units include demonstration in food preparation, so need to be carried on in a kitchen. The plan provides for more frequent demonstrations by the members than by leader or agent; hence members learn by doing. The proper technique of cleaning up should be stressed in each unit.

I. Patterns in Food Preparation

Most recipes follow a few basic patterns, so it is well for the members who have had very little experience to first learn these patterns, then the variations. At each meeting members should be selected to practice recipes which they will demonstrate to the group at the next meeting. At the end of the unit these recipes may be combined into a club meal.

Topics for Demonstrations and Discussions

1. White sauce - its variations and uses
2. Custards, general principles and how to avoid their difficulties.
3. Quick bread patterns (may take several meetings)
  - a. Biscuits
  - b. Muffins
  - c. Popovers
  - d. Waffles
4. Cakes and how to make them (may take several meetings)
  - a. Sponge cakes
  - b. Butter cakes
  - c. Frostings
  - d. Cookies (drop and ice box)
5. Patterns for the buffet meal (an easy method of entertaining)
6. Patterns of fruit and vegetable canning
7. Outdoor cookery patterns

II. Fun in Food Preparation

This unit includes basic principles of cooking home grown foods to give the greatest food value. The same method of assignment given in Unit I should be used.

Topics for Demonstrations and Discussions

1. How much of each food is needed for my family? How do the meals of different families vary?
2. Fruits, their place in the diet; preparation of fresh, canned and dried fruits
3. Vegetables, our need for them; preparation of fresh or canned vegetables for the main course or salad.
4. Milk; how to include a quart a day for each member
5. Eggs; the hows and whys of cooking them
6. Home grown meats and principles of meat cookery
7. Canning fruits, vegetables or meats.

III. Preserving Foods for Family Needs

In this unit members learn to plan the yearly food supply, and to preserve and use it. This program may run through the year, since the time of preservation is determined by the season. The judging of foods canned is stressed and after each demonstration, members should be asked to practice at home and to bring one jar which they canned alone to the next meeting. This will give the members further practice in judging.

Topics for Demonstrations and Discussions

1. Planning the family canning
2. Judging canned products for quality
3. Making preserves, jellies and jams
4. Canning fruits, fruit juices & tomatoes
5. Canning vegetables (non-acid)
6. Canning meats
7. Planning and serving the emergency meal from canned products

#### IV. Attractive Meals for the Family

This unit helps members to plan meals to fit their individual family needs and to prepare and serve these meals attractively. Clubs carrying this unit should plan to serve at least three club meals in which every member has some duty. If a club is too large for this, it should divide, and each serve a separate meal. Members should take a definite part in helping with the meals at home. A club meal may be used as a feature for the club Achievement Day.

#### Topics for Demonstrations and Discussions

1. What to include in the three meals a day
2. Planning meals easily and well (members actually plan meals and rework them at home with mother's help, so they may be served to the family.)
3. The family breakfast, what to have, how to prepare and serve it.
4. The school lunch and how it fits into the day's meals
5. The family luncheon, preparing and serving
6. Canning for the family meals
7. Dinner for all the family (planning, preparing and serving)
8. The family birthday meals, suggestions for fun at those big events
9. Table linens and service for the well planned meal

#### V. Hospitality and Fun Occasions for the Home (for older club members only)

This program is of greatest value when club members have the background of basic preparation principles and are most interested in the advanced methods, and in assuming the responsibility of some hospitality in the home. It teaches to plan ahead for guests, how to plan for different events and occasions, and the duties of host and hostess in a home, as well as the responsibility of each member of the home.

#### Topics for Demonstrations and Discussions

1. The art of informal entertaining (demonstration of how to set up an attractive table)
2. Light refreshments when friends come in
3. Hot snacks for winter guests, or cool snacks for summer guests
4. Sunday night suppers when friends come in
5. A fireplace party
6. The family goes on a picnic
7. Outdoor cooking without a fireplace

#### Other Topics Suggested for Demonstrations and Discussions

##### Table Courtesies and Service:

- How to set the table
- Table linens that are easily made
- Table courtesies in serving

##### Marketing of Foods

- What to look for in buying (staple foods, perishable foods, canned foods, packaged foods.)
- How to plan by a food allowance

##### Invalid Trays and Food for the Convalescent:

- What foods should be included
- How to prepare these foods
- How to set up an attractive tray

##### What Should we Eat?

- Food values and needs. How to count calories, minerals in foods, vitamins in foods.

##### Christmas Suggestions from the Kitchen:

- Simple wholesome sweets
- Cookies for gifts and decorations
- Tree decorations from the kitchen

##### Making it Fun to Clean up:

- Assembling dishes for washing
- Procedure in dish-washing
- Keeping the kitchen orderly

HOME IMPROVEMENT UNITS

Home Management  
Home Beautification

The Home Improvement Project has been enlarged to include problems in home management and home beautification as well as the problems of improving the interior of the house. Home improvement and home management units should present real situations applicable to the 4-H member's present problems in order to get the whole-hearted participation of the girl. The following units suggest activities that should be selected on the basis of personal, home, or family needs of the club members. In each instance some member or group of members should actually participate in the demonstration given.

I. Room Improvement

Usually the younger girl is interested primarily in her own bedroom, and so a study of the girl's own room and what she can do to make it comfortable and attractive will necessarily be one of the main topics. However, there are other girls who have already improved their own rooms and others who are more interested in improving the living room, hall, dining room, or kitchen. Club members should select the room they are interested in and need help on. The work of this unit does not end in helping the girl to improve her room, but the wise leader will keep in mind the importance of getting the club member to take a pride in caring for it.

Topics for Demonstrations and Discussions

- |  |   |
|--|---|
| 1. Room inventory                      | 10. Storage space                                     |
| 2. Plans for improvement               | 11. Care of room                                      |
| 3. Color and color schemes             | 12. Additional suggestions where kitchen is selected: |
| 4. Background walls and woodwork       | a. Family bulletin board                              |
| 5. Floors and rugs                     | b. Planning desk                                      |
| 6. Windows and window treatments       | c. Files for records                                  |
| 7. Pictures                            | d. Window boxes                                       |
| 8. Furniture - needs and use           | e. Raising or lowering working heights.               |
| 9. Rearrangement of room - floor space |   |

Suggested Procedures

Select one room in each club to use as a demonstration.

Home agent and leaders score or make analysis of room by score card prepared for this purpose. Mother of club girl should be present at scoring.

Club group meet at demonstration room for first meeting to hear suggestions and plan improvements to be made.

Continue to study problems in club meetings.

Home agent or leader visit the room two or three times between first and last meetings.

Last meeting on unit work held in demonstration room. Study what has been done and plan what improvements should come next.

Study on the problems may continue into another year.

Tour of all rooms in clubs.

II. Homemade Furniture and Equipment

Many girls and boys are handy with the saw and hammer and the paint brush, while others will need the assistance of other members of their family. This unit will help club members not only to save money and add to the comfort of the family, but it will also help to develop a more cooperative spirit among the different members of the family, which in turn will bring about a better understanding of the common problems facing the family as a group.

Articles to be MadeA. Homemade Furniture

- |                 |                   |            |
|-----------------|-------------------|------------|
| 1. Built-in Bed | 3. Desks          | 5. Closets |
| 2. Bookshelves  | 4. Dressing Table |            |

B. Homemade Equipment

- |                            |                               |                   |
|----------------------------|-------------------------------|-------------------|
| 6. Sink rack               | 10. Window stick              | 13. Shoe rack     |
| 7. Door stop               | 11. Broom holder              | 14. Reading stand |
| 8. Wood box or basket      | 12. Knife, fork and spoon box | 15. Vanity box.   |
| 9. Homemade floor polisher |                               |                   |

Suggested Procedures

It is suggested that the club member discuss the problems to be met with members of her family and get their assistance, not only in making whatever is made, but also in planning what is to be done. Each club member should work out her individual problems in family council after each club meeting. Leaders will notice that some of the suggested articles will take much more time than others, and she should take care to see every girl does the required amount of work. In many instances, one of the larger articles would balance several of the smaller equipment.

III. Money Management (This unit is for older girls.)

It will simplify the work of the leader if there is a regular group selecting the unit; however, it is suggested that where this is not practical, individual help be given any girl or boy in the community who is interested in taking this unit. Members should have agreement with their parents that they will be allowed to keep some accounts.

It is expected that the Farm Family Account Book will be used as a record. Inventory sheets and other additional sheets that will help simplify methods and records will be furnished. (These will be sent later.)

Topics for Demonstrations and Discussions

1. The needs and desires of family members (Analysis in family council)
2. Home inventory
3. A plan for spending (Estimate on basis of previous experiences and records)
 

a. Last year's income	d. Division of expected income
b. Last year's expenditures	(1) Items of expenditure
c. Expected income for this year	(2) Allowances for family members
4. A plan for record keeping
 

a. How to keep accounts
(1) Cash records
(2) Records of services and commodities furnished by the farm and home
b. Evaluation of progress made. Make comparison with past years.
5. How to increase the income through non-cash resources

Suggested Procedures

Suggested work explained to each club member

Explain and demonstrate "How to take Home Inventory"

Explain and demonstrate "How to Enter Various Items of Expenditures"

Check account books at every club meeting

Demonstrate the following:

1. How to total all columns at end of each month
2. How to get, and where to put, balance at end of month
3. How to keep record of homegrown products used
4. How to estimate the "Value of Homegrown Products"
5. How to "Close Home Account Book" at end of year

After each club member has kept records for the first month, have them make a diagram of how their family dollar was spent and compare their results with the diagram showing recommended practices. Have each member make a plan of how she thinks the family income should be spent. Here are a few questions that the club member's family will find interesting and helpful for family discussion:

1. On what is our family spending too much money?
2. What is our family buying that it can produce?
3. Is each member getting his or her share of the family income?
4. Is our family getting the greatest possible satisfaction and comforts from its income?
5. How can we use home accounts to cut unnecessary family expenditures?
6. What should a girl expect as an allowance from her family?
7. How should she use her allowance?

#### HOME BEAUTIFICATION

4-H club girls have a rich opportunity to share in beautifying and caring for the grounds of their own home. This project suggests many outside improvements that may be made which will add much to the general appearance of the home and home grounds. Many of the improvements suggested cost only the effort. This makes it possible for all members to participate. It is suggested that wherever possible, demonstrations connected with this unit be given at some member's home and that the club members be participators in the demonstration given.

#### IV. Yard Improvement

##### Topics for Demonstrations and Discussions

1. Screen plantings for outbuildings
2. Keeping front and back yard, walk and driveway, clean and attractive
3. The front porch
4. The back porch - improvement of floor, steps, furniture
5. Plants and shrubs suitable for base plantings and make plans for base plantings for the house.
6. Flagstone walks
7. The woodpile
8. Outdoor fireplace
9. Storage space for outdoor tools
10. Door steps - improvement and remodeling
11. Repairing yard fence
12. Repairing yard or garden gates
13. Trees suitable for the home lawn

#### V. Flower Growing

##### Topics for Demonstrations and Discussions

1. Grow some choice flowers and study how to use them most effectively in house or garden.
2. Organize a small group to stage and judge a junior flower show. (This show could be an attractive feature at a meeting.)
3. Sell some choice flowers on an extension market for pin-money.
4. Grow some flowers in house or in garden for gifts. (Potted bulbs make gifts from Thanksgiving to Easter.)
5. Collect information on flowers by: visiting gardens, nurseries and flower shops several times during the season; collect catalogues from the best nurseries; make a collection of clippings on flowers, their culture and arrangement.
6. Keep a garden record of personal experience.

## VI. Herb Growing

An old, thrifty garden custom recently come into fashion. Plants grown in herb gardens are: (1) Savory Herbs for seasonings; (2) Sweet Herbs for perfumes and for moth repellants; (3) Simples for home made lotions, dyes, and medicines.

### Work Suggested

1. Grow a few useful herbs in vegetable gardens for home use, fresh and cured.
2. Make a separate herb garden, including appropriate flowers.
3. Collect recipes for using herbs and try out some of the best.
4. Use for sale or for gifts: fresh herbs in "Soup Bouquets", packets of fresh, cured herbs; small pots of parsley, dwarf sweet basil, mint-geranium, lemon verbena, etc., sprays of sweet herbs in organdie envelopes, small pillows of sweet herbs.
5. Make some herb products for home use like: Tarragon vinegar, mint vinegar, celery salt, nasturtium-seed capers, gumbo file powder, mint jelly, candied mint leaves, incense, radiator bags, rose honey, rose vinegar, dyes, etc.
6. Feature a small attractive exhibit of herbs at a meeting.
7. Collect some stories of the quaint uses of herbs in former times, and the queer beliefs held about them.

## GARDEN UNITS

The management of the home garden as a whole ordinarily requires more time and energy than the average club girl can devote to it. She should, however, be familiar with some of the more common phases of gardening and know the fundamentals concerned with the growing of vegetables which she uses as food, and which many times she cans. The units have been planned so as to attract the varying needs and interests of the girls.

### I. The Fall Garden

The average farm garden has no vegetables available for fall and winter months. Yet Virginia is so favored by climatic conditions that practically all sections may have fresh vegetables available for this period. It is suggested that at least six vegetables be grown for fall and winter use. The following vegetables are recommended as possible selections: Late cabbage, spinach, parsnips, carrots, turnips, late beans, kale, fall lettuce, salsify, beets, late tomatoes. Instructions should be given in cultural practices and pest control for each vegetable.

### II. Leafy Vegetables Throughout the Year

At certain seasons many gardens are lacking in an adequate supply of leafy vegetables. The purpose of this project is to supply the family with green or leafy vegetables throughout the year. Discuss successive plantings and have each member make a plan for her own family.

### III. Storage of Garden Products

Thousands of dollars worth of vegetables go to waste annually in gardens throughout the state. A little care and forethought would largely prevent this waste, and at little or no cost to the gardener. This project should teach the club member how to provide proper facilities for storing vegetables for winter use by constructing a kiln or a place in an attic or cellar. Demonstrations should be given on the different types of storing.

## POULTRY UNITS

These units are suggested for the girls interested in some phase of flock management. They are not to take the place of nor be confused with the poultry projects outlined in the Poultry Record Book. When a club member does sufficient work in one or more of these units, she may be considered a poultry project member. Bulletins and other literature dealing with each of these units may be supplied any club member who is interested and intends to make use of them.

### I. Poultry Management

Many people have the idea that the farm poultry flock is not profitable, yet records show that many flocks more than pay for their keep. The only sure way of knowing what the flock is doing is to keep an accurate record for at least a year. The interested club girl can be of real service by keeping a record of the flock. Record Book E-133 is very simple and easy to keep, and is available for anyone who will use it. Because so many farm flocks do not get a balanced ration, and therefore are not profitable, the proper feeding of the hens should be stressed.

#### Suggested Demonstrations and Subjects for Discussion

Keeping records	Housing	Sanitation
Feeding	Marketing	

### II. Early Hatched Chicks

The club member can be of real service by having the chicks hatched at the right time.

#### Suggested Demonstrations and Subjects for Discussion

Incubation - natural and artificial  
Brooding - natural and artificial  
Sanitation - treatment for white diarrhoea

### III. Feeding and Housing the Growing Pullets

Poor feeding of growing pullets is one of the most costly poultry practices on Virginia farms. The interested club girl may change this practice on many farms.

#### Suggested Demonstrations and Subjects for Discussion

General range management	Culling pullets
Feeding	
Range shelters	
Parasites and diseases	

### IV. Culling the Home Flock

Probably greater returns are received from time spent in culling the flock than from that spent on any other operation. It is very easy to tell the cull from the good hen; all club members should learn this and practice it on their home flock, reporting the number of hens culled. Bulletin 1727.

Preserving Eggs with Water Glass for Home Use - Eggs are plentiful and cheap on farms in spring and summer. They are scarce and expensive in the fall and winter. It is good management to preserve spring eggs for fall use, and all club members should know how to do it. Bulletin 1109. The process should be demonstrated.

### V. Marketing Eggs and Poultry

Virginia poultrymen lose large sums of money each year because they do not properly fatten and dress their poultry for market, or grade eggs for market. A little thought and time given to this will yield large returns. Bulletin 1377.

#### Suggested Demonstrations and Subjects for Discussion

Birds - Selection; fattening; killing; dressing; preparation of feathers for pillow  
Eggs - Gathering eggs; use of egg cooler in hot weather; grading; marketing

## CLOTHING UNITS

The study of clothing is important in helping one to be well dressed. It involves many things, not just construction, but planning, buymanship, appropriateness to occasion and the figure, grooming and care of clothing. It helps with planning the best use of clothing money and getting the best service out of purchases, as well as to avoid unnecessary replacements due to improper care.

When clothing is selected as the county-wide unit (it is suggested that one phase of clothing be selected) develop this in such a way that each member will be awakened to her individual needs or problems and guided in solving the problem or the fulfillment of the needs. It is urged that whatever unit is selected that the plans as outlined be followed.

No attempt has been made to give the order of preference in the suggested topics for demonstration and discussion, as interests and conditions vary within the counties. For example, under the suggested topic "Buymanship", in developing the topic "Plans for Buying" or "Determining the Family Clothing Needs", use as a basis the analysis of an account and take an inventory of what is usable. Then consider funds available, needs of each of the members of the family group, how money is to be appropriated to these members, climatic conditions, types of activities - work and social; length of time the garment is expected to wear, and its price. In some clubs new fabrics can be used; others may have garments to restyle, while a good supply of bags may lead to very effective work along this line.

### I. Clothing Selection

The main purpose of this unit is to establish good practices in determining clothing needs; to keep posted in and adapt current style trends; to plan a complete outfit to meet a present need; to learn to shop well; to apply art principles in clothing selection; to be appropriately dressed for all occasions.

#### Topics for Demonstrations and Discussions

- |   |  |
|---|--|
| 1. Style trends   | 5. Shopping ethics   |
| 2. Dress design for various figures                     | 6. Buymanship, or obtaining value for money expended         |
| 3. Appropriateness to occasion                          |  |
| 4. Planning wardrobe - garments to be made - purchased. | 7. Selecting and constructing garments to meet special needs |

### II. Clothing Construction

This unit will help the girls to keep posted in style trends; to study the use of a pattern and give practice in using it advantageously; to develop skill in the techniques of construction and to develop special abilities and interest in making attractive clothing. At least two pieces of an outfit will be made.

#### Topics for Demonstrations and Discussions

- |   |   |
|---|---|
| 1. Know style trends  | 4. Two or more articles of wearing apparel according to ability and need of the clubmember. |
| 2. Planning the wardrobe                                    |   |
| 3. Construction involving important techniques and finishes | 5. Gifts for family and friends.  |

### III. Care of Clothing

The girls will be encouraged to establish good practices in the care of their own clothing and to assist with the care of family clothing. Clothes closets will receive their share of attention - old ones improved and new ones improvised. The importance of this as a means to being well dressed and economy will be stressed.

Topics for Demonstrations and Discussions

- |   |                             |
|---|-----------------------------|
| 1. Extending the usefulness of wearing apparel                                      | 4. Stain and spot removal   |
| 2. Improving or improvising daily, occasional, seasonal (including mending) storage | 5. Dry cleaning             |
| 3. Laundering   | 6. Restyling and renovation |

IV. Buymanship

This unit will aid the girls in setting up an accounting system of expenditures or to analyze existing accounts so as to spend the money to better advantage this year. Special attention will be given to more effective shopping. Values will be studied and tags and labels interpreted.

Topics for Demonstrations and Discussions

- |  |  |
|--|--|
| 1. Influence of style trends   | 5. Analysis of advertisements and sales cards              |
| 2. Determining the needs, planning the wardrobe, garments to be bought and to be constructed | 6. Shopping ethics   |
| 3. Plans for buying  | 7. Accounts  |
| 4. Knowing values (quality and tags)   | 8. Comparison of home constructed and ready-made garments. |

7. Personal Appearance

The purpose of this unit is to improve some phase of the girl's appearance, building on last year's accomplishments; to learn the relationship between clothing and health, to be appropriately dressed for all occasions, and to effectively use garments on hand. The relation between selection and care of clothing and an attractive personal appearance is stressed.

Topics for Demonstrations and Discussions

- |  |   |
|--|---|
| 1. Appropriate dress   | 5. Planning the wardrobe for presenting best appearance on money available.         |
| 2. Good grooming   |   |
| 3. Dress as related to health - shoes and clean comfortable clothing | 6. Buy ready-made and construct garments or restyle garments for individual figure. |
| 4. Posture and walk  |   |

General Suggestions in Developing Clothing Units

Study style trends as shown in fashion magazines, notes, window displays and newspaper advertisements. Have individuals report observations to the group. Demonstrate the effect of line as best suited to the various figures. Plan the wardrobe needs in light of what is available, the occasions for activities in which the individual will participate and decide upon the articles to be purchased and those to be constructed. The best use of money available is an important part of this planning. In any unit, select two articles for self, or one for self and another member of the family and construct at least two garments.

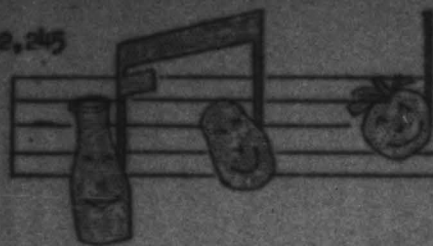
When Clothing is Not Taken as a County-wide Unit

Helping members to make the most of their personal appearance and to establish better practices in the clothing field is most important. Therefore, these units have been arranged so that the topics desired may be introduced in the program when main work is in another field. These questions may be considered in trying to discover the topics most needed: "Does the girl need help in making wise choices, in spending her clothing money to better advantage, or in being more appropriately dressed?"





#22,245



# Food Habits Score

NAME \_\_\_\_\_ Date of beginning \_\_\_\_\_ Weight \_\_\_\_\_ Date ending \_\_\_\_\_ Weight \_\_\_\_\_

MAKE DAILY CHECK	** FIRST WEEK							** SECOND WEEK							** THIRD WEEK							** FOURTH WEEK						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
Milk, 1 quart.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Milk, 1 1/2 pints.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Milk, 1 pint.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Leafy vegetables.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Other vegetables:	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Twice a day.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Once a day.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Fruit twice a day.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Fruit once a day.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Whole grain, bread or cereal	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Water 6 glasses.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
Water 4 glasses.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
No tea, coffee or bottled drinks.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
No candy between meals.....	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**



eat your onions

It's *so* easy to be healthy!

and carrots, too!

# MONTHLY RECORDS

FAMILY ACTIVITIES PROGRAM FOR 4-H GIRLS

	Project Activities	Home Responsibilities	Other Club Activities	Leaders Check
N O V				
D E C				
J A N				
F E B				
M A R				
A P R				

VIRGINIA CANNING AND STORAGE PLAN

Name \_\_\_\_\_ Club \_\_\_\_\_

County \_\_\_\_\_ Number in Family \_\_\_\_\_

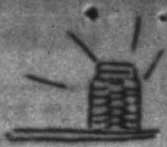
Include weekly at least 24 servings vegetables (inc. potatoes) 14 servings fruits 7 servings meat (suggested amts. below may be re-arranged)	Amount canned products to be provided a per- son a month	Months available fresh and stored	Amount to can (qts.)	Record of Canning done (quarts)
<b>Greens:</b> 4 times a week: Kale.....) Spinach.....) Lettuce.....) Turnip.....) Cabbage or Kraut..) Other.....)	2½ quarts			
<b>Tomatoes</b> 4 times a week	3½ quarts			
<b>Potatoes</b> 1 serving daily				
<b>Other Vegetables</b> 6 times a week				
<b>Root vegetables:</b> Carrots.....) Beets..... )				
Onions.....) Turnips.....)				
<b>others:</b> Snap beans.....)	3½ quarts			
Butter beans.....)				
Peas.....)				
Squash.....)				
Soup Mixture.....)				
Other.....)				
<b>Fruits</b> 2 servings daily (do not include preserves)	7½ quarts			
<b>Meats</b> 1 serving daily (not including bacon) Beef - 2 times wk Pork - 3 times wk Chicken - 1 time wk Other - 1 time wk	Not less than 15 quarts a person a year			
<b>GRAND TOTAL</b>				

4-H Members: Amount I canned alone \_\_\_\_\_ Amount with which I helped \_\_\_\_\_



# - JUDGE YOUR CANNING

## THEN EXHIBIT!



Those who exhibit prize jars must first know how to judge their everyday canning impartially. Here's a real fact--a good canner is a good judge--but until you know those fine points of selection, you'll never win the blue ribbons. So, the first step is to know "what" is good and "why"! Until one can judge the merits of their own canning and compare it in fairly with others, she is not a good canner!

Fancy Packs? No! They have no practical utility. Food placed in jars in fantastic designs, or in time-consuming arrangement have violated the real principles of canning. It is important to pack food as quickly as possible.

Utility Packs are the best. Food should be neatly arranged in a compact form. For peaches or pears, they are arranged in cup fashion, one over the other which actually save space in a jar; but this is not "fancy". It is economy to have food as compact as possible to still allow heat to penetrate.

Is It Good to Eat? Food for exhibit is not different from that to be used at home. Never sacrifice food value and flavor. Any judge has the privilege of tasting food if she wishes. It is canned to taste--not to look pretty!

Is It Ripe? Food for canning like that for eating should not be overripe or underripe. Overripe food has a poor color, is apt to lose its shape and cause a cloudy syrup. Overripe vegetables are starchy but underripe fruits are also starchy.

Quality of the food before it goes into the can is the biggest consideration. Don't forget that! Never try to can a product that isn't a first-class one. Care in canning is important but it is wasted on a poor quality product.

### FIVE WINNING POINTS

1. Use uniform, clean, clear glass jars. Label neatly and uniformly.
2. Select food of uniform color, size and ripeness, free from blemishes.
3. Clear, sparkling liquid in a jar indicates good canning. Look for foreign particles in liquid or in bottom of jar where they settle. They bespeak carelessness or lack of cleanliness. Cloudy liquid comes from overcooked or overripe food. Avoid using "hard" water. It sometimes leaves a film over the inside surface of the jar.
4. A full pack comes only to those who blanch food carefully before packing it into the jar. Blanching shrinks the product.
5. Always wash and polish jars before exhibiting them.

### SCORE CARD FOR CANNED FRUITS AND VEGETABLES

Quality of product. . . . .	60
Conditions of product before canning - no blemishes - uniform size, shape and color - color-natural and fresh- pack-full and right proportion of solid to liquid - attractive and compact but not fancy	
Quality of liquid. . . . .	30
Clear, sparkling and free from sediment. Color - natural	
Appearance of jar. . . . .	10
Clean and clear glass, uniform containers	
Appropriate label, neatly placed and marked. . . . .	100

IF YOU HAVE THIS TROUBLE:	THIS IS THE PROBABLE REASON:
Cloudy sediment in bottom of jar of vegetables (not corn).	Product was too mature when picked, or else the jar was processed too long or at too high temperature, so starch in product soaked out.
Cloudy liquid around vegetables (not-corn.)	Same reasons as above.
If corn is cloudy.	Product was not suitable for canning. Probably was too mature. Prick a kernel of each ear and if milky it is satisfactory to can.
Corn brown in color	Product processed too long or at too high pressure. Sweet grades of corn turn brown quicker than others. It is really a caramelizing of the sugar.
Fruits rise to the top of jar.	Syrup is too heavy and fruit being lighter rises. This may be prevented by heating fruit in the syrup before packing into the jar. This shrinks fruit and helps it to absorb the syrup. Overripe fruit has greatest tendency to rise to the top.
Vegetables in jar shrink too far.	Vegetables were not blanched enough to shrink before they were packed in the jar. Prevent by heating a longer time before packing. This heating also drives off enclosed air.
Loss of liquid in jar.	When using a pressure cooker watch carefully to keep a constant pressure. Constant changes of pressure cause liquid to push out. For hot pack always completely seal. When using hot water prevent loss of liquid by keeping water at least one inch over top of jars during processing.
Foreign particles in bottom of jar.	Careless handling in peeling or packing. All utensils around food must be immaculate and hands must be kept scrupulously clean.
Irregular "frayed" edges of fruit.	Product too ripe or jar processed too long.
Cherries canned whole burst sides.	Liquid in cherries expands when heated. To prevent prick each cherry with knitting needle.
Loss of color of food after standing in storage.	This is a bleaching process due to the light. To prevent wrap these jars in paper or store in a dark place.
Cloudy sediment on inside of jar.	"Hard" or lime water often causes this. If your water is hard, boil and strain water for canning.
Loss of color during processing	Processing too long or at too high temperature. Some types of beets, for instance, lose more color than others. Tomato juice which turns brown is overprocessed.
"Flat sour"	Products often allowed to "pile up" when preparing to can and in hot weather souring begins before jars are packed. To avoid, spread food out over a large surface; do not "heap up" and can quickly.



Virginia Agricultural and Mechanical College and Polytechnic Institute  
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Extension Division, Jno. E. Hutchinson, Director,  
Blacksburg, Virginia.

E-342

## 4-H CLUB MEMBER'S REPORT

### FAMILY ACTIVITIES PROGRAM FOR GIRLS

Name of member \_\_\_\_\_ Year \_\_\_\_\_  
Name of club \_\_\_\_\_ No. club meetings held \_\_\_\_\_  
Years in club work \_\_\_\_\_ Age \_\_\_\_\_ Grade in school \_\_\_\_\_ Out of school? \_\_\_\_\_

#### CLUB ACTIVITIES

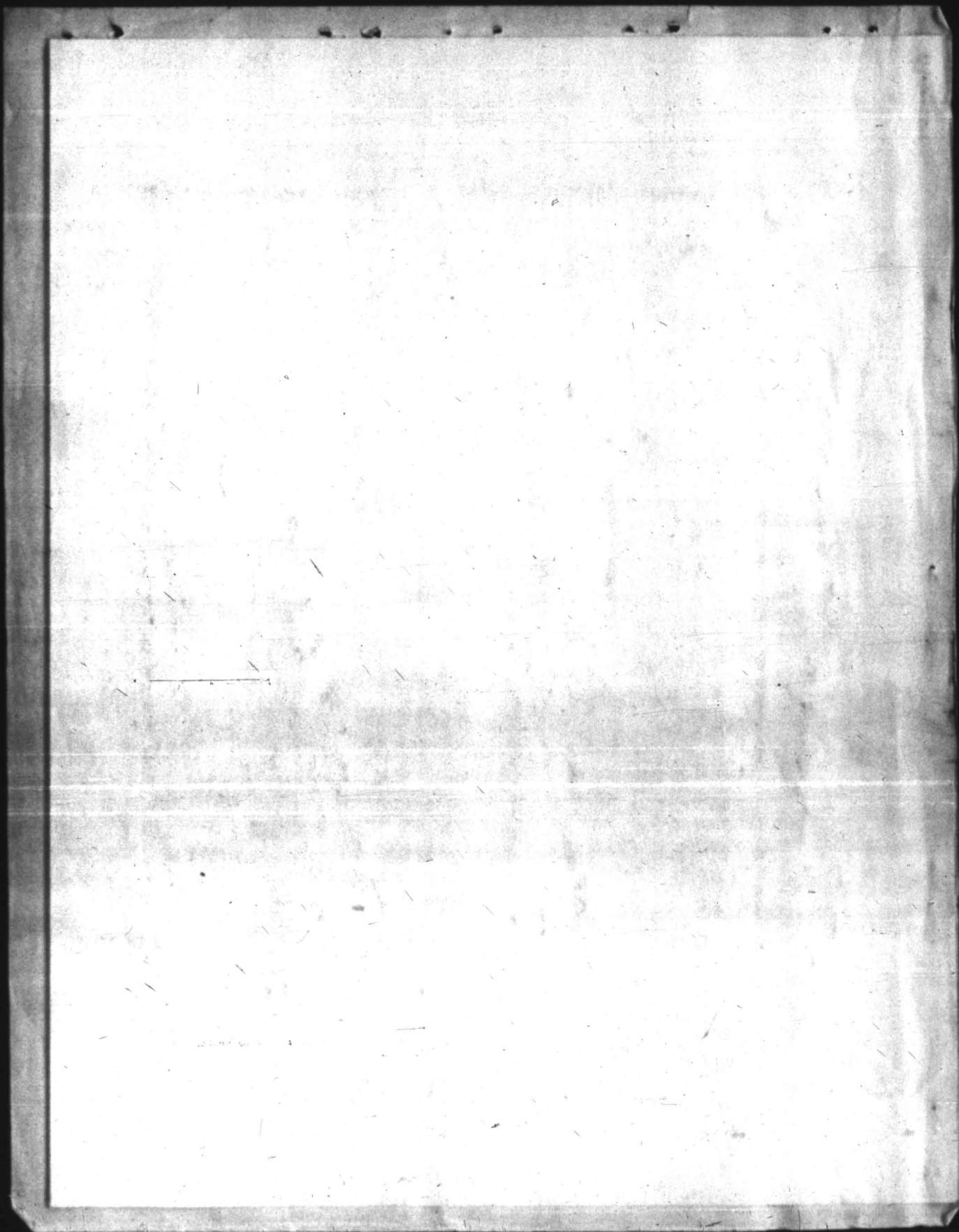
Number meetings attended: Club \_\_\_\_\_; Committee \_\_\_\_\_; Achievement days \_\_\_\_\_  
County Council \_\_\_\_\_; Camps \_\_\_\_\_; Picnics \_\_\_\_\_; Socials \_\_\_\_\_; Others \_\_\_\_\_  
Offices held: Club \_\_\_\_\_; Council \_\_\_\_\_; No. times you took part on club program \_\_\_\_\_  
No. demonstrations given: Clothing \_\_\_\_\_; Foods \_\_\_\_\_; Home Improvement \_\_\_\_\_  
Garden \_\_\_\_\_; Poultry \_\_\_\_\_  
Did you learn judging in clothing? \_\_\_\_\_ Foods? \_\_\_\_\_ Home Improvement? \_\_\_\_\_  
Garden? \_\_\_\_\_ Poultry? \_\_\_\_\_

#### HEALTH

Are you a 5 pointer? \_\_\_\_\_ Has the club program helped you to improve in weight control? \_\_\_\_\_ Colds? \_\_\_\_\_ Constipation? \_\_\_\_\_ Posture? \_\_\_\_\_

#### ACCOUNTS, INVENTORIES AND BUDGETS

Did you keep clothing account? \_\_\_\_\_ Make clothing inventory? \_\_\_\_\_ How many months did you keep record of money used and spent for yourself? \_\_\_\_\_ For your family? \_\_\_\_\_  
Did you make a personal budget? \_\_\_\_\_ Help with household budget? \_\_\_\_\_  
Keep better food score? \_\_\_\_\_ What home responsibility did you assume as a part of your club work? \_\_\_\_\_



## HOME IMPROVEMENT

Did you make improvements in one or more rooms in the selection of furnishings? \_\_\_\_\_ in arrangement of furniture? \_\_\_\_\_ in arrangement of pictures, accessories? \_\_\_\_\_ in color schemes? \_\_\_\_\_ Did you make a floor plan of a room? \_\_\_\_\_

Number rooms improved: Bedroom \_\_\_\_\_; Living room \_\_\_\_\_; Dining room \_\_\_\_\_; Kitchen \_\_\_\_\_; Porch \_\_\_\_\_; Other \_\_\_\_\_

Number storage spaces improved for clothes \_\_\_\_\_; For other \_\_\_\_\_

Have you shared home responsibilities by caring for your own room and other tasks regularly? \_\_\_\_\_

Did you help with household buying? \_\_\_\_\_

## ARTICLES MADE

"Amount saved" in items below should be estimated as the difference between "actual cost" and what it would have cost to hire work done, or buy new articles in place of renovated old ones.

	Number	Actual cost	Amount saved
Chairs or stools seated			
Pieces of furniture renovated, slip-covered, upholstered, repaired, remodeled, refinished			
Pieces of furniture made at home			
Window treatments improved			
Rooms in which walls, woodwork or floor finish were improved			
Small articles, accessories, and pieces or sets of linens made for bedroom, dining room, or living room			
Homemade rugs or mats			
Readymade articles bought			
<b>TOTALS</b>			

## YARD AND GARDEN

Do you have a fall garden? \_\_\_\_\_ Has your garden provided leafy vegetables throughout the year? \_\_\_\_\_ Did you store vegetables for winter use? \_\_\_\_\_ Did you grow flowers? \_\_\_\_\_ Beautify home grounds? \_\_\_\_\_ No. of acres in your garden? \_\_\_\_\_

Total yield of crops in bushels? \_\_\_\_\_

## POULTRY

Did you keep record on the farm flock? \_\_\_\_\_ Did you cull the home flock? \_\_\_\_\_

Did you preserve eggs for home use? \_\_\_\_\_ Did you fatten and dress poultry for market or home use? \_\_\_\_\_

How many birds did you raise? \_\_\_\_\_ Did your family follow recommendations in chicken rearing? \_\_\_\_\_ Did your family follow production feeding recommendations? \_\_\_\_\_

Did your family follow sanitation recommendations in disease and parasite control? \_\_\_\_\_

Did your family improve poultry house equipment according to recommendations? \_\_\_\_\_

## FOOD AND NUTRITION

How many dishes demonstrated did you prepare at home? \_\_\_\_\_ How many meals did you plan and serve alone? \_\_\_\_\_

How many meals have been served by your club? \_\_\_\_\_ How many new foods have you learned to like? \_\_\_\_\_ Do you try to plan and prepare a well-balanced school lunch for yourself? \_\_\_\_\_ Others in family? \_\_\_\_\_ What regular duties do you have at home which relate to food and nutrition work? Did you help your family make and carry out a canning plan? \_\_\_\_\_ How many containers did you can alone? \_\_\_\_\_ Assist with \_\_\_\_\_

List canning you did alone or helped with:

	Number quarts	Approx. cost	@ qt.	Approx. value	Pounds dried	@ lb.	Approx. value	Food stored
Tomatoes			15 cents					
Other vegetables			20 cents			10 cents		
Fruits and juices			25 cents			15 cents		
Meats			35 cents					
Others			25 cents					
<b>TOTALS</b>			<b>XXX</b>			<b>XXX</b>		