

VIRGINIA

TAYNELL      HOME DEMONSTRATION AGENT      Annual report      1943

Index		Page
1 g 1.4	Community libraries .....	31-32
6 b	Clothing - 4-H club .....	25
8 a 2.311	Agricultural extension committee .....	7-8
8 a 2.312	Extension committee - H.E. ....	5-7
8 a 2.55	Prizes - 4-H club .....	28-29
8 a 2.622	Local leader training -H.E. ....	10-12
8 a 2.631	Local leaders - Junior work organization .....	12-13
8 a 2.8	Older youth groups .....	30-31
8 b 4.2	County program correlation .....	8-9
8 c 6.1	Cooperation - Bankers Association .....	12
10 b 5.3	Family meal planning .....	17
10 d 3	Food preservation - 4-H club .....	25-26
10 d 11	Food preservation - pressure cookers .....	15-16,34
13 c	Kitchen arrangement and equipment .....	20
19 i 3	Salvage - 4-H activities .....	27
19 a 4	First aid and Home Nursing .....	23

ANNUAL NARRATIVE REPORT  
HOME DEMONSTRATION WORK  
TAZEWELL COUNTY  
VIRGINIA

1943

Miss Chilton Ryburn

Home Demonstration Agent

December 1, 1942 - August 16, 1943

Miss Frances Odom

Home Demonstration Agent

August 16, 1943 - November 30, 1943

TABLE OF CONTENTS

I.	<u>COVER AND TITLE PAGE</u> - - - - -	1
II.	<u>TABLE OF CONTENTS</u> - - - - -	2
III.	<u>SCOPE OF WORK</u>	
	A. Home Demonstration Clubs - - - - -	5
	B. 4-H Clubs - - - - -	5
	C. Older Youth Groups - - - - -	5
	D. No. Reached Through Special Classes Taught by Agent - - - - -	5
	E. Families Reached Through Neighborhood and Community Leaders - - - - -	5
	F. Total Families Reached - - - - -	5
IV.	<u>ORGANIZATION</u> - Changes and New Developments - - - - -	5
	A. County Home Demonstration Committee Membership, Function, and Results - - - - -	5
	B. County Agricultural Board - Stages of development, committees, communities, number chairmen, extent organization functions - - - - -	6
	C. Professional Workers' Council - Members, meetings, activi ties - - - - -	8
V.	<u>LEADERSHIP</u>	
	A. <u>Adult Work</u> Officers, goals, campaign chairmen, project leaders, etc. - - - - -	9
	B. <u>4-H Work</u> Adult leaders, junior leaders, officers, etc. - - - - -	12
	C. <u>Older Youth</u> Leadership and accomplishments - - - - -	13
VI.	<u>RESULTS</u>	
	A. Home Demonstration Clubs - - - - -	14
	1. Project Work	
	a. Food	
	(1) Production - - - - -	14
	(2) Conservation - - - - -	15
	(3) Nutrition - - - - -	17

b.	Clothing	
(1)	Consumer problems - - - - -	18
(2)	Conservation - - - - -	18
(3)	Construction - - - - -	18
c.	House Furnishings	
(1)	Conservation - - - - -	19
(2)	Construction - - - - -	19
d.	Home Management	
(1)	Household equipment - - - - -	20
(2)	Kitchen arrangement - - - - -	20
(3)	Storage - - - - -	20
(4)	Home Accounts - - - - -	20
(5)	Home and Farm Unit Demonstrations - - - - -	21
e.	Markets - Or private sales - - - - -	21
2.	Home Demonstration Activities	
a.	Federation Goal - - - - -	21
b.	Campaign - - - - -	22
c.	Special activities - - - - -	23
3.	Brief Account of year's work of one outstanding Club - - -	23
B.	<u>Agricultural Board</u>	
	Programs sponsored giving Home Agent's participation, etc. - -	24
C.	<u>4-H Clubs</u>	
1.	Project Work	
a.	Personal - - - - -	25
b.	Family - - - - -	26
c.	Club or community - - - - -	27
2.	Health - - - - -	28
3.	Community activities of the club	
a.	Recreation - - - - -	28
b.	Camps - - - - -	29
c.	Others - - - - -	29
4.	Account of work of a club member - - - - -	30
D.	<u>Older Youth</u>	
	Program, participation in war effort - - - - -	30

E. Other Work Done by Home Demonstration Agent	
- In cooperation with other agencies - - - - -	31
1. County Home Economics Workers - - - - -	31
2. County Nutrition Committee - - - - -	32
3. Office of Civilian Defense - - - - -	32
4. Salvage Committee - - - - -	32
5. Rationing Board - - - - -	32
6. War Bond Committee - - - - -	33
7. School Lunch - - - - -	33
8. Red Cross - - - - -	33
9. Mattress Program - - - - -	34
10. Others - - - - -	34
VII. Most significant contribution to the county of the Home demonstra- tion Program - - - - -	35

### III. SCOPE OF WORK

- A. Home Demonstration Clubs  
No. 13      Membership 248
- Other groups sponsored by home demonstration agent  
No. White: 3      Membership 39  
Colored: 1      Membership 30
- B. 4-H Clubs  
No. 13      Membership 160
- C. Older Youth Groups  
No. 1      Membership 9
- D. Number reached through special classes taught by agent 80
- E. Number families reached through neighborhood and community Leaders 900
- F. Estimate total families reached 1200  
Number farm families in county 2198

### IV. ORGANIZATION - Changes and new developments

#### A. County Home Demonstration Committee

In 1942 the Home Demonstration Committee of the Tazewell County Extension Work had as its members the presidents of the 13 home demonstration clubs in the County. When the plans were being made for the Committee Meeting to be held in September, to plan the work for 1943, the state office advised the agent to invite a few of the Home Demonstration members of "long standing", and people who had been helping to promote the work for years, to attend the meeting. Thus a change from "just the presidents", to the presidents and other members. The Home Economics Teachers and the Farm Security Home Management Supervisor are always invited to attend. However, they have not been able to do so for some time.

The Committee holds meetings whenever necessary to plan for the activities of the Clubs in connection with the regular home demonstration work, and in cooperation with the other organizations of the County. This year due to lack of transportation and gas rationing the Committee has not held a

meeting since September 1942 when the work for 1943 was planned. In May and June 1943 the Agent discussed the business of the Home Demonstration Committee in each club and helped the members plan for the 1944 demonstrations and program. In July 1943 the Chairman of H. D. Committee wrote a long letter to each club, telling them something of the State Meeting which she thought would help more in making plans for 1944, and promised a full report in the September 1943 meeting of the Committee. All of this has been done in order to save transportation by not calling a County Meeting but by sending the information to each club president.

The function of the Committee has been mentioned in the foregoing paragraph. In addition to making plans for the work month by month the members selected the Federation Goal and the County Campaign. They learned what the Agricultural Board was to do and how the Clubs could cooperate. They planned the County H. D. Yearbooks, which were printed and distributed to the members before the December 1942 meetings. The December Meetings being the first meetings of the 1943 year's program. With the help of the State Home Management Specialist and the Home Agent the Committee selected four Clothing demonstrations, three Foods and Nutrition, two Home Management, and a Poultry demonstration. Since the County had worked on Health before, they selected "Better Health for Every Family" as the 1943 Campaign for the County. "Libraries and Home Recreation" was selected as the Federation Goals because of the greater need for these due to tire shortage.

The Clubs have begun making plans for the September 1943 meeting in which the members will plan the 1944 program, with the new County Home Agent. The Chairman of the Home Demonstration Committee will give a full report of her trip to the State Meeting, stressing the suggestions she gathered there for the next year's program. The Agent has tried to help the Clubs to discuss the needs of the Communities along every line. These needs having arisen from the rationing, the change in commodities, etc., even though members have been studying foods, clothing, house furnishings, etc., there have been enough changes due to the war to result in a demand for more demonstrations on each of these subjects. A full account of the September meeting will be given in the final Annual Report for 1943.

The County Home Demonstration Committee Planning Meeting in September was attended by the Chairman of the Home Demonstration Committee, presidents of six clubs, a few members at large, the Assistant State Director, the District Agent and the County Home Demonstration Agent. A program was given in which the Assistant Director gave an instructive talk. The Chairman of the Committee gave a report of the State Federation Meeting bringing out the things that were recommended for us to stress in next year's program.

The demonstrations planned are on Care of the Sick, Food preservation and preparation in war times, and repair clinics. The Committee discontinued the County Campaign but selected Health as the Federation Goal. The County Federation Goal Chairman has been appointed and is working with the Club Federation Goal Leaders in making definite plans for the County.

A Secretary was elected separate from the Treasurer giving four officers in the Committee instead of three.

#### B. County Agricultural Board

Since 1941 the adult work of the County has expanded into neighborhoods and community groups. The Agriculture and Home Economics Professional Workers cooperate in sponsoring this work. Tazewell County has 79 neighborhoods and 15 communities. The Professional workers each have one, two, or three communities to sponsor. The Home Agent has three communities. Each community and each neighborhood should have a Chairman and a Chairwoman to help with the work, however all of these have not been selected, and some of those selected back in 1941, when the work first started, have moved away or say they cannot serve. Several of the 1942 Chairman or Committeemen have resigned because of various reasons so the membership does not remain the same. Therefore, the completion of the neighborhood and community set up has been slow and as yet all 79 neighborhoods are not working. In addition to the two people (one man and one woman) from each community the County Agricultural Board has as its' members all the Agriculture and Home Economics Professional Workers, a banker, members of the County Board of Supervisors, the head of the Welfare Department, and a representative of the Home Demonstration Committee. The Board, as it stands today, was organized in February 1942 with two changes in officers due to changes of County Farm Agents and T. V. A. Agents.

The first 1943 meeting of the Agricultural Board was held on January 16th, with representatives of 6 of the 15 communities present. Most of the Professional Workers were present. The outlook for 1943 was explained by two representatives from the State Office, and the Community Chairmen were urged to hold meetings back in their communities. A number of these meetings were held.

The second meeting of the Board was held on March 15th. This was the most active meeting of the Board which has been held since the Board was organized. The purpose of the meeting was to discuss the Victory Home Food Supply Campaign, and the Farm Labor problems. A representative of the State Department gave a most interesting and instructive talk, and lead in a discussion at the close of the meeting. About 40 attended this meeting, and all took the Campaign cards and information to be distributed in their communities and neighborhoods. The Professional Workers took materials for the Communities

not represented. Literature and cards had been prepared, by the Home Agent, for the 79 neighborhoods in the 15 communities, therefore it was not such a difficult job to check those represented etc. Since this meeting the Professional Workers and Neighborhood Chairmen or leaders have distributed the information to the farm families. A large number of community and neighborhood meetings have been held. As a result cards have been returned from 48 neighborhoods and over 525 cards have been returned. Perhaps this number seems small compared with the number of cards sent out etc., but is much, much better than any other work sponsored by the Agricultural Board of Tazewell County to date, therefore the agents are encouraged, and hope to do more in the future. After the 525 cards were returned the home agent checked and classified them, and wrote letters to the people asking for information on the different subjects and enclosed the information asked for. In addition to this she made a list of the families in each neighborhood with their requests etc., and gave these lists to the Professional Worker who sponsored the Communities and neighborhoods and asked them to help check the families to see if they received the information and if they needed more.

The Neighborhood and Community Chairmen have all been adults, however the girls and boys in two schools helped get the Victory Food Supply Cards distributed and explained. These schools were where the families were too scattered for a Chairman to visit all.

#### C. Professional Workers Council

The Professional Workers' Council is made up of Agriculture teachers, Homemaking teachers, Farm Security Farm and Home Supervisors, A.A.A. Clerk, a banker, the County Board of Supervisors, the President of the Agricultural Board, the Welfare Supervisor, and the Extension Farm, Home, and Assistant Farm Agents of Tazewell County. This Council holds one regular meeting each month and extra call meetings when necessary. Since the first of the 1943 Extension year the Professional Workers Council has held twelve meetings. Last year the Council did not hold summer meetings, but this year more interest has been taken in the meetings and one has been held each month.

Since the organization of the County Agricultural Board last year, the Council has discussed the different activities of the Board and has made plans for each meeting of the Board. This is because the Professional Workers sponsor the different Communities. In January, as many Professional Workers as possible attended an "Outlook For 1943" meeting in Abingdon, and the January Council meeting was used to discuss and evaluate information

gained, in terms of ways this information could be presented to the Agricultural Board. In February the Extension Agents attended a District Meeting in Marion, therefore in the February Professional Workers Council the plans for the Victory Home Food Supply Campaign and the Farm Labor Problems were discussed. In March and April follow up work on the Campaign formed the programs, and in May and June the Council worked on the Farm Labor problems of the County. The July meeting was used for the discussion of the latest trends and information on "Conservation and Storage". The Dehydrator was displayed and explained in detail to the Council. The information on dehydration was given the Home Demonstration members in their June Club meetings. The August and September meetings were devoted to plans for putting over the September Bond Drive. The October meeting was on plans for the function of the Council for another year. In November the Dairy Feed Subsidy program was presented to the Council so that each worker might explain to the people they contact.

The Home Demonstration Agent has been the secretary of the Professional Workers Council, and each month she has notified the members of the meeting, and she has been present at all meetings. In the Community Organization work the Home Agent has three communities. Two of these she had last year and in February 1943 she added the third one. These three communities were selected by the home agent because she has the fewest clubs in them, and she wished to meet and work with more different families. The home agent does not feel that she has accomplished much in the Cove Community which is the last one she added to her number. Both of the other communities have worked well for two years. On account of the rationing, few meetings have been held in the communities this year, and during the months of May, June, and July the Community and Neighborhood folks have not been asked to do any special work. In August the Home Agent wrote a letter to all of her neighborhood and community chairmen and asked them to continue work on the Victory Home Food Supply, emphasizing "Conservation and Storage". In the same letter the home agent asked all of the Chairmen to cooperate with the new agent, and to help her know and understand what has been done.

## V. LEADERSHIP

### A. Adult Work

There are 13 Home Demonstration Clubs, each having a president, vice-president, secretary and treasurer, two project leaders and a reporter. In many of the clubs the federation goal chairman, and the campaign chairmen did not hold other offices, while in some the regular club officers had to serve as goal or campaign chairmen.

For the past two years the presidents of the Clubs have conducted all meetings with very good parliamentary procedure, and the secretaries have kept splendid minutes. As the roll has been called each month the members have answered with the number of people outside of the clubs, to whom they have carried information about demonstrations given the club. The secretaries have kept an account of the number of times the members have carried this information. At the close of the year 1942 when the secretaries added their figures, on this phase of the work, they found that information had been carried 1416 times as compared with the 628 times the year before.

The Federation Goal for the year is "Libraries and Family Recreation". No leaders were appointed for this. How it was carried out is given under VI, A, 2.

The County Campaign for 1943 grew out of the 1942 Federation Goal which was Health. Each Club selected or appointed a Health Chairman, and each month she has been given five minutes to discuss the phase of Health considered most important for that month. In November or December each Club had a detailed demonstration of Health, First Aid Kits and Medicine Chests. The outline of this demonstration was printed in the Home Demonstration Yearbook, and each month the Health Chairman refers to the outline in her discussion. At the end of the year she will check the number of First Aid Kits or Medicine Chests. The Campaign Chairmen have had more to do this year than ever before. The outline of this report asks for the number and types of leaders, number meetings etc. There are 13 clubs, therefore there are 13 of each club officer such as president, vice-president, etc., and there are 13 Goals Chairmen and the same number of Campaign Chairmen. As to the number of meetings these folks have served in, to date the number is nine meetings each, or one each month since December 1, 1942. The Project Leaders were promised at the November meeting that they would not be asked to travel to Leaders Conferences. They were told they would receive as much literature as possible, and were asked to help in every possible way in their Club meetings. In December the State Food Specialist came to Tazewell County to hold a Leaders Conference in a regular Club meeting. The leaders of Clubs between Tazewell and Shawver Mill (where the meeting was held) were notified of the meeting and the agent furnished the transportation for them. Six leaders and 20 other members attended this meeting. The foods Specialist gave the demonstrations on "Foods Selection" and "Meat Substitutes" etc. This was a most interesting meeting. Four of the leaders present helped with the demonstrations in their clubs by getting the materials ready. The agent wrote all of the Project Leaders and asked them to be responsible for the materials for the "Meat" demonstration. All of the Leaders helped in

this way. In April when the Clubs had "Cutting and Making Underwear" the Leaders secured the materials for the demonstration. They did the same in May, when the all day "Dress Schools" were held.

In May the Agent wrote the Project Leaders, sent them literature on the July meeting, and informed them that she would not attend the July meeting. She asked them to go over the materials and be ready to ask her questions before or after the May and June meetings so that by July the Leaders would be prepared to give the demonstration. In June the agent made it a point to talk with the Leaders at the meetings if they were present. If the Leaders did not attend the June meeting the agent took the extra materials she had and went by their homes to see them, while she was in the community. Thus the agent was sure the Leaders had the materials for the demonstration and were making plans to take care of the July meeting. Therefore, the Leaders Conference which was reported in the June report. The agent counted all of these visits and trips as one conference with seventeen present, because that was the number of leaders she contacted personally. As a result of this work, 12 of the 13 clubs held their regular meeting in July and the Project Leaders gave the demonstration for the month which was on "Remodeling Clothes".

The third Leaders Conference, reported in the statistical report, was an individual conference given the leaders by the Burkes Garden Club, because they wanted to have the Health Officer to make a talk in addition to the regular demonstration. The Health Officer could not come on the regular day, therefore the agent trained the leader to give the demonstration, because the agent would be in another community on the day chosen. This required an extra trip for the agent. The Leader gave a splendid demonstration as a result of the conference.

The Foods and Nutrition Specialist held a leader training meeting in September on "Bread Making". Leaders from six of the thirteen clubs attended and gave the demonstration in their clubs in October while the agent worked with other people. Very successful demonstrations were reported and the women are making use of the information received on bread making.

Other work the leaders did was to collect the club members individual reports and compile them for the club report.

The Neighborhood Leaders did a splendid piece of work in connection with the "Victory Home Food Supply Campaign". Only five of the Leaders from the Home Agent's three communities were able to attend the meeting and get the cards, information, etc. Therefore, the home agent visited 18 other neighborhood leaders to take them the cards and information. These Leaders did all the visiting they could with the time and tires they had, and as a result more cards were returned from these three communities than any others in the County. The Professional Workers in the other communities worked with their neighborhood Leaders and as has been reported before the work of these Leaders has been the best work done in connection with the County Agricultural Board.

B. 4-H Work

The Bankers of Tazewell County have sponsored the work of the 4-H Clubs this year. In January they informed the home agent that they would give as much as \$100 in prizes for the best 4-H work. The Agent carried this wonderful news to the 4-H girls and they have appreciated the interest the Bankers have taken in their work. In June the home agent secured the money from the Bankers and ordered the 4-H prizes. All prizes were ordered from the National Committee on Boys and Girls Club Work, and all prizes have the 4-H emblem on them. The agent hopes this will stimulate more interest in the Clubs in the future and that they will increase in number and quality of work. The agent carried one of each prize offered to all July meetings of the 4-H Club so that the girls could see what they are working for, and what it means to complete their work. The agent showed the prizes to the Bankers also. The only Junior Project leader in the County this year, served as president of her club and junior leader. The agent feels that she should be termed a junior leader because of the work she has done in assisting her members. She has had all summer meetings in her home, has handed in written lessons in her high school in order that she could attend the 4-H meetings in the grades school in her home community etc. On the same day she has attended the Home Demonstration Meetings in that community and carried the information to many folks. This same girl was recommended to and accepted in the All Star Chapter of the State this year, 1943.

A number of the teachers have served as organization leaders during the school session, but have not attended the summer meetings. These teachers notify the members of the meetings during the school session, and remind them to bring their materials etc. Five of these organization leaders stay in the room for the meetings. Since they are in school they are not able to attend leaders conferences. None have been held. Two of these organization leaders have attended the summer meetings, and therefore the agent has changed them to Project Leaders. The one woman

Project Leader has only attended four meetings and has not been helping with the Project work. The meetings she has attended have been summer meetings. Therefore, she was a leader in name only until the last month or so. One of the teachers, who have attended summer meetings, has held two meetings alone and has helped with all project work in others. She has helped her club to raise money which has been used in the school and for the work of the school etc. She was most active in the 4-H ambulance Fund Campaign. She saw that the Club sent in complete reports of the year's work and has assisted greatly in enrollment and reorganization for next year. This leader well deserved the Leader's pin she was awarded as the outstanding 4-H leader in the County. The leaders have been trained individually by the agent because of the distance between their homes and communities. The interest of all teachers and leaders in 4-H work has grown greatly this year, and the agent hopes that in the future leaders won't be so hard to find, and that they will really help carry on the work.

The officers of the 13 clubs have conducted the meetings with good parliamentary procedure, and the secretaries have kept good minutes. In a number of meetings the vice-presidents have had to take charge and they have served well. The reporters of the 4-H Clubs do a better job of reporting than the adult reporters. At the close of the year the presidents and the secretaries will compile reports for the clubs, and will help the agent collect the individual member's reports. 4-H work has grown in quality even though the number this year is smaller.

C. Older Youth

The older youth club has made and carried out their program without the aid of a Leader of any kind. The agent feels that more would be accomplished with the advise and council of a Leader. The Leader they had for years has been sick for the past two years. The Agent and members hope she will be able to come back with the Club in the future.

## VI. RESULTS

### A. Home Demonstration Clubs

#### 1. Project Work

##### a. Foods

##### (1) Production

When the 1942 Tazewell Home Demonstration Program was made three foods demonstrations were selected. These were more on "the nutrition" side of this outline therefore they will be discussed more fully in VI, A, 1., a., (3). In connection with the Production of foods all of the 13 Home Demonstration Clubs have Garden Leaders who have been given five minutes of each meeting, since February, to discuss Gardening. More interest has been taken in Gardening than ever before, more questions have been brought to the meetings, and the Leaders have come to hold a real place in the programs each month. When the Agricultural Board put on the Victory Home Food Supply Campaign the Home Agent and Home Demonstration members helped in every way possible. A report of the Production work of the Victory Home Food Supply Campaign has been discussed. The Home Demonstration women and other people all over the County report having the best gardens they have had in years.

In one Community the people had not been able to raise good cabbage, the Garden Leader started studying ways to make it grow etc., and at the May meeting helped the Club greatly with her account of "what could be done". Results--the members have the best cabbage they have ever raised. For the secret apply to Mrs. Martin, garden leader of Asberry Club.

Something should be said about the Poultry and Pork in connection with the Production. The agent urged all members who had houses and equipment to increase their flocks and to have at least one more pig. The members have done this.

(2) Conservation of Foods

In 1942 all of the Home Demonstration Clubs except one had a Canning and Drying demonstration. Canning demonstrations have been given in Tazewell County each year since 1921, and always meet with interest and success. Since the Clubs had canned each year in the past a demonstration on the subject was not selected for the 1943 program.

In June the agent, wishing to cooperate with all war conservation efforts took the subject up in all 13 clubs. She stated that it was very important to give everybody a chance to see a demonstration, and to secure needed and desired information on Canning. At the same time she offered to give canning demonstrations where needed. The one Club which did not have a Canning demonstration last year asked for one, and the Assistant Home Agent gave this Club a demonstration the last of June. The 12 other Clubs all agreed that they would have "each member show one or more women, outside of the Club, how to can, and report the number at the October meeting". Therefore each member has written that sentence (quoted above) in her yearbook and the October report will give the results. The members may invite the women to their homes or may go to the women's homes.

Perhaps something should be said about Pressure Cookers and Dehydrators. The agent has talked in all Clubs about Dehydration and has showed the members the samples of dehydrated foods which she bought at the District Meeting on the same subject. The materials for dehydrators have not been easy to get and there are only two in the County.

The Farm Rationing Board, Home Agent, F. S. A. Home Supervisor, and a Home Economics teacher have cooperated in getting information about pressure cookers to all the County, also in approving the applications etc. The merchants have been very slow about getting cookers and as yet few have been available.

Since September 1st more cookers have been available and a number have been purchased and are still being purchased. The women who have not used them before are finding them very satisfactory in meat canning.

The Business Women's Club of Richlands asked the Home Agent to give two canning demonstrations in Richlands. The Club planned to attend, get the information and go out as leaders and help others. This was one of their "war projects". The home agent gave the two demonstrations in June. One on Fruits, Rhubarb, and Tomatoes (or products which take a short time and can be done in a hot water bath), and the other demonstration was on "Non Acid Vegetables", the use of the pressure cooker and dehydration. About 41 women attended these meetings and seemed to enjoy them very much, judging from the large number of questions which kept the crowd to a late hour, and after they were adjourned they stayed for more. These meetings were both held on Mondays, a bad day to get housewives out. The Business Women were very encouraged.

The members of most of the Home Demonstration Clubs made out their Canning Budgets (in their yearbooks) in February and have planted their garden and canned by this budget. This is the first year many of them have done this. About one third of the club members turned in reports on canning which gave a total number of quarts as follows: vegetables 12,818, fruits 3212, meats 2686, sweets 2613.

The September demonstration was on "Storage of Fruits and Vegetables", to help people conserve what they had produced. It was found that good storage is already being practiced in this County. Nearly every home has some type of storage cellar and mound storage is used for certain crops.

But as a result of the demonstrations and discussions the Home Demonstration Members have gotten new ideas on storage and become interested in better storage. Cellars were visited and suggestions given for improving the storage space. The women are interested in how to store sweet potatoes, as they

have been canning most of them to keep them. They were given definite instruction on this. Growing more vegetables in the Fall for storing raw was encouraged.

(3) Nutrition

The three Foods demonstrations selected for the 1943 Home Demonstration Program may all be termed Nutrition subjects. The first, "Meal Planning" was given in all of the Clubs in the January meeting. In this demonstration the agent used the flannel board showing the values of each food required for an adequate days diet. The meals were then planned according to foods needed and values demanded according to the occupations of the members of the family. Each month since that time members have asked about the food value of different things, and are very conscious of the nutrition program as discussed papers etc. The War has demanded that people learn many new phases of nutrition.

The agent gave talks on Nutrition in a P. T. A. and a Garden Club Meeting. The echoes from these two meetings were far reaching, and have come back to the agent a number of times.

The second demonstration along the Nutrition line was given in February on "Meat Stretchers". This demonstration was given in all of the Clubs and proved to be a most interesting and valuable demonstration, as well as a timely one. Much has been said about meat rationing, and this demonstration helped the members who lived in towns and coal camps to a great extent, as well as the other members. The meat substitutes, and the nutrition of meats of all kinds were discussed in connection with this demonstration. The members who have friends outside of the Clubs, especially those living in town, have been quite proud of spreading the information on "Meat Stretchers".

The "Bread Making" demonstration is the third one of the nutrition group. All of the clubs had this in October. The importance of bread in the Basic 7, with food rationed, was explained. The necessity of using enriched or whole grain flour to have nutritious bread was stressed. Questions were answered on why enriched and whole wheat flours are better.

In 1942 the agent helped with Nutrition Classes in Boissevain, Pocahontas, and Tazewell. This year folks who attended those classes have continued to call or write the agent asking for more information. Of course, the Home Demonstration Club members have learned long ago to bring all of their problems to the Club meetings, or to the agent's office on Saturday.

b. Clothing

(1) In March a real "Consumer" demonstration was given on "The Selection of Textiles and Ready to Wear Garments". Information was given the members on how to examine materials and ready-to-wear clothes when buying. Also the rules and regulations as to the amounts of cloth allowed for garments, and the styles permitted. The agent had a demonstration of over 30 different swatches of materials showing the quality, durability, color-fastness, shrinkage, etc. A study of the new materials on the market was made also. The members felt that they were better prepared to select their spring clothes and materials of all garments. In connection with the Construction demonstrations the consumer problems of buying were discussed.

(2) Conservation

The suggestions given in the 1942 program on washing and pressing woollens etc., has carried over to this year and a large number of members have used them. 61 have reported improved care of clothing. 118 used suggestions in buying clothing. 71 remodeled clothing and 14 kept a clothing account.

(3) Construction

The Tazewell Home Demonstration members were disappointed that they could not have the Clothing Construction demonstrations which had been planned for 1942, and changed when War was declared. Therefore, they asked for three Construction demonstrations for 1943. In April each Club had a demonstration on "Cutting, Fitting, and Making Underwear," which helped a great many members. Several women who had never made a garment of any kind before brought materials and learned how to cut, etc. They are proud of

their first garments. In May all of the Clubs except two had All Day meetings and "Made Dresses". The dresses were cut in the morning, basted up, tried on in the afternoon and as much sewing done on them as possible. The agent carried her electric machine whenever the members had electricity and quite a bit of sewing was finished. The members of the Clubs which have not selected "Finishes for Garments" as their August demonstration, were told to bring scraps of cloth and learn how to put in zippers or make a bound buttonhole, after the regular demonstration in the June Meeting.

All of the clubs had "Remodeling Clothes in July". The Home Demonstration Leaders gave these demonstrations. An account of the training of the Leaders for this demonstration has been given. All Leaders report having had good meetings. The results in numbers of garments remodeled was given under Conservation above.

c. House Furnishings

(1) Conservation

Conservation of household equipment or furnishings, like "the poor", we have with us always, therefore every year the agent is deluged with questions on this subject regardless of whether this has been selected as a subject on which to work or not. In 1941 and 1942 a large amount of work was done on remodeling, making slip covers, bottoming chairs, selecting curtains, rugs, etc., and the care of these especially washing rugs. This work has carried over and at the close of the Club year 20 members report 71 pieces of furniture fixed and 41 report improved care of furnishings.

(2) Construction

No demonstrations have been given on Construction of household equipment except kitchen equipment which will be reported under Home Management.

d. Home Management

(1) Household Equipment

Each year members report new household equipment they have bought or made. Water systems, etc. This year in connection with the "Kitchen Improvement Demonstration" the agent showed the members how to make such "handy gadgets" as knife racks, kitchen scooters, kettle cover racks, a kitchen sewing plaque, a kitchen blackboard, etc. Many members expressed a desire to make these and in their Annual Report 30 have reported improved kitchens.

(2) Kitchen Arrangements

In the same "Kitchen Improvement" demonstration reported in (1) the agent took up step-saving arrangements and tried to show the time-saving element as well as the number of steps saved when equipment is arranged well, and when small equipment is placed or stored close to the place used. All members remarked about the value and usability of the demonstrations. In their Annual Report 48 reported improved housekeeping and time saving methods.

(3) Storage

This subject was mentioned in (2) because the storage of equipment is closely tied up with the good arrangement of kitchens. Suggestions were given for the storage of equipment used every day as well as the things seldom used. Storage is always a source of interest with women whether it is in the kitchen, laundry, or other rooms of the house. The storage of laundry equipment was discussed too, because most women do their laundry in or near the kitchen. The storage of canned foods, etc. is discussed under food conservation.

(4) Home Accounts

At the September 1942 meeting of the Home Demonstration Committee a number of the members expressed a desire to keep a household account. The Home Management Specialist was to send the Account books to the Chairman of the Committee. The agent has not checked to see how many folks are keeping an Account.

(5) Home and Farm Unit Demonstration

In 1942 the Home Management Specialist, the TVA Agent and the Home Agent decided to let the 1940-1942 demonstrator carry her work without the visits and the advice of the agent, and to set up a new Unit Demonstrator in Tazewell County. The present Unit Demonstrator has kept an account for three years, counting the present one. The Specialist, TVA Agent, and Home Agent, helped this demonstrator to make her long time plans. Since she is one of the leaders of the Thompson Valley Club and attends almost all meetings of the Club, the agent has not made personal calls to the home. After each of the meetings the Agent asks her about progress. Due to lack of labor, etc., the demonstrator has not been able to do many of the improvements planned. The agent does not feel that she has done anything to help this person as a demonstrator but hopes in some small way she has. Perhaps in the future more work can be done with the Unit Demonstrations.

e. Markets

There is no organized market belonging to the farm people in the County. However, because of the many coal camps, and the short distance to the city of Bluefield, the farm people have a splendid individual marketing system, and they make quite a bit of their income in this way.

2. Home Demonstration Club Activities

a. Federation Goal

"Libraries and Home Recreation" was selected as the Federation Goal because the women felt a great need for information along these lines. Since the gas and tire rationing the boys and girls have not been able to "go" as much as they would like. In spite of a double load of work this year there are times when all people, older as well as young, would like something to do in the way of relaxation or fun. Three communities have the traveling libraries and are making splendid use of them.

Each month the home agent has carried magazines to the different meetings for members to exchange, and some members have brought magazines to exchange or "swap" as they say. Three of the clubs have had the traveling libraries from the State Library and feel that they have been most worth while. One Community especially has used the State Library to the fullest extent. They have taught their children to greatly respect books, and even send them from the Library Chairman's home, back and forth on the school bus without the loss of a single book. This has been going on for almost three years and is remarkable. The community is Tannersville, and the members as well as others read more of the books than any other community which receives this service. As soon as the folks have read the books the Chairman returns the Library and asks for another, therefore the people keep books to read all the time instead of just one box of books a year.

In addition to the demonstration on "Storage of Fruits and Vegetables" given in September, games and contests were demonstrated that may be used in entertaining the young people at home. Some of the clubs took special interest in this and followed it up by entertaining groups of young people. Several have asked for the games that they may use them with groups.

b. Campaign

"Better Health for the Families of Tazewell County" was selected the 1943 Campaign. This was an outgrowth of the work done of the 1941 and 1942 Federation Goal which was "Health". In the September 1942 meeting of the Home Demonstration Committee the following goals were set up in connection with the campaign:

1. Every family have a First Aid Kit or Medicine Chest.
2. Have Home Nursing taught in all of the Clubs.
3. Encourage improved sanitation in and around the homes.
4. Try to prevent colds and flu.

In order to have the Campaign get off to a good start the Clubs planned a meeting on the Health Campaign (including a

demonstration on the First Aid Kit, Medicine Chest, Suggestions on Home Nursing etc.) to be given the first month of the New Year. The Clubs which would not meet the last week in December on account of the Christmas holidays, were given the demonstration in November. Health Chairmen were appointed in every Club and each month they are given time to discuss phases of the Campaign.

The County Nurse, and the Red Cross Chairmen were contacted in order to secure Home Nursing Classes for each Club. The nurse could not teach the Classes because of lack of time. One Club was fortunate enough to get the County Welfare worker to give the course in First Aid to their Community. All of the Clubs have been given information on all of the four goals.

In the final check we get the following report: 55 have used prevention for colds, 43 families immunized against typhoid, diphtheria, etc., 35 have learned more about First Aid, 32 took Home Nursing, 54 have removed accident hazards. This is not a complete report of results as only about one third of the members reported.

#### 6. Other Special Activities

The Home Demonstration Club members were urged to raise more poultry, then they were urged to conserve feed. Therefore, they thought it wise to ask for "Poultry Culling" demonstrations. The agent secured the services of the State Poultry Specialist who gave the demonstration to six Home Demonstration Clubs and the Rural Youth Club in August. Then the new agent gave it to two other clubs. This was a very instructive and timely demonstration. Members canned or sold their culls to save feed.

#### 3. Brief Account of year's work of one outstanding club.

Thompson Valley Club with a membership of 19 has had an average attendance of about 10. All officers have been regular and faithful in their duties. The president, and

vice-president attended and assisted in the County Home Demonstration Committee Planning Meeting. The Project leaders attended the Leader Training Meetings and gave the demonstrations that were expected of them. The Garden, Poultry, and Health leaders gave good reports. The leaders collected reports, compiled them and sent in one of the best Club reports of the year. The Secretary has kept a good record and has sent reports of the meetings to the paper each month. Their treasury is always sufficient. They pay Federation dues and have contributed more to the County treasury for next year than any other club. They have managed their travel this year by getting together and going in one or two cars. They have carried information to those outside the Club often.

B. Agricultural Board

The Agricultural Board sponsored the "Outlook for 1943" program, the "Victory Home Food Supply Campaign", and the "Farm Labor Problem" program. This work has been reported in IV, B, and the part the home agent has played has been given in IV, C. After each Board meeting the agent worked with her three communities, etc. She invited the vice-president of the Board to the Home Demonstration Committee meetings. The home agent has explained the community and neighborhood plan in each of the Home Demonstration Clubs and has tried to help as many people as possible understand the plans of the organization. As often as possible the home agent has sent out literature, on various subjects, to the neighborhood leaders, to be distributed in the County. The Victory Garden stickers for the windows were sent all families cooperating. For more information on this subject turn back to IV, B.

C. - 4-H Clubs

1. Project Work

a. Personal

The Tazewell 4-H girls have had two personal projects this year, namely Clothing and Canning. Since they had worked on Clothing in 1942 for the first time in a number of years, they wanted to continue the Clothing work another year. They have done splendid work along this line. The older or second year girls were a lot of help to the agent where she had large groups. All girls have made three garments or three articles. The second year Clothing girls did not have to learn the stitches like the first year girls. The second year girls made pajamas first then a slip and a dress. The girls tried to finish all Clothing projects by June and many of them did, others are still working on their dresses but have finished all others. The reason the girls tried to finish their projects by June was because of the Canning Project. The girls have all kept the Clothing account in their record books.

The Canning Project has consumed most of the Club time for the summer months. In May the girls made plans for all the summer months, where the Canning meeting would be held, etc., In June they finished their Clothing project as much as possible and went over general rules for canning so that they could help at home before their Canning Meeting in July. The July Meetings in all of the 4-H clubs were all day meetings, from 9:30 to 4:00, and sometimes lasted longer. The members each brought their jars and non-acid vegetables to can. The canning was done first. After all cans were in the pressure cooker (or cookers since some clubs canned between 10 and 20 quarts), the girls prepared and served an entire meal. Preparing and serving these entire meals has meant much to these children because each girl was asked to do something she had never done before. For example biscuits were made with each meal, and the girls that made them in each club had never done so before. After

the meal had been prepared and served, the members discussed the things they had done, many interesting comments came out of this, for example the agent found that three families of Club members had never used salt in their bread. After the dishes were cleared up and the cans were removed from the cooker, the girls sewed. This gave the ones who had not finished their clothing a chance to continue. These all day meetings were most profitable.

In August the 4-H members are canning tomatoes and completing their Clothing project. Some Clubs have had their Clothing project judged to determine who will win the prizes. Others will have clothing and gardening judged in September and the Canning Project will be judged in October. The 4-H members made out their canning budgets in March and each month during the summer they have kept an account of the foods they have canned "alone" as well as those they have "helped with".

In September and October the Clothing, Canning, and Gardening projects were judged and prizes awarded in all 13 clubs. The girls were proud of their work as well as their prizes. They have reported 179 new garments made, 71 remodeled, and 146 mended. Many of the garments were very attractive. In Canning they report 458 quarts of fruit and 1,115 quarts of vegetables canned alone; 2,409 quarts of fruit and 4,987 quarts of vegetables helped with. They dried alone 185 pounds of fruits and vegetables and helped with 375 pounds.

b. Family Project

Even though Gardening has to a great extent been a personal project it might be termed a Family Project and reported here. In February the girls clubs started discussing gardening and made plans to help in every way possible, with their home gardens this year. They studied seeds, soils, etc., and ways of planting. In March the Canning Budget was made out in order that more plans might be made about gardens. In April, May, and June the girls have kept an account of all they have planted in their gardens. This account was kept on page 1 of the 4-H record books.

In July the vegetables canned were out of the girls gardens, and in August they brought lists of how much of each vegetable had been raised and used. In the final report we were unable to get figures on the gardens since such records were not kept. But their reports on gardening showed that they had done good work in producing their share of food. In addition to vegetables used much was canned from the gardens.

c. Club and Community

All Clubs have opened each meeting with a business session, conducted with strict parliamentary procedure. In these business meetings, the different club and community needs were discussed. Long programs have not been held this year because the girls felt that more profitable time should be spent on the project work since they were carrying a rather heavy load. However, there are two main club or community projects, namely; the buying of Stamps and Bonds which is still going on, and the County's part of the State 4-H Ambulance Fund. At many of the meetings the members have discussed buying stamps and bonds. The agent has reminded them that it is a better investment to fill their stamp books and turn them into bonds which pay interest, etc. Many of the members have done this.

When the State Office announced the information on the State 4-H Ambulance Fund for the Virginia 4-H Ambulance to the Red Cross, the Tazewell girls were more than glad to take part. During the entire month of February the 4-H members collected records and money and brought both to the regular meetings for the home agent to add to the County collection. The first week in March four large boxes, filled with about 1500 records, weighing 810 pounds, were shipped to Richmond, where they were sold. This was the closest market. The express on the records cost the members \$5.96 of the money collected. When the money came back to the County office for the records the home agent mailed a total of \$55.50 to the State 4-H Department from the 4-H members of Tazewell County. While this may not seem to be so much it does show the cooperation of 13 clubs in the county, and is the best work they have done as a County group in over two years.

## 2. Health

In connection with Health the 4-H members have discussed their diets or meals, they each have a list of what they should eat every day in their club record book and they have checked themselves by this regularly. Many of the girls have reported "trying to eat" and learning to like more vegetables. The members have been reminded of and are conscious of their posture, as well as other things which go to make good health.

In the final report, 95 have used the Food Habits Guide, 53 have learned to like new foods, they have planned 543 meals and have served 679 and 39 have improved their school lunches.

## 3. Community Activities of the Club

### a. Recreation

Due to the war and the fact that meetings, tires, gas, etc., must not be used for recreation, the Clubs have not planned their usual picnics and parties. However, they considered the dinner they cooked, at the all day meeting in July, a social part of the meeting. The girls have worked hard in each meeting but they have had lots of fun too, they enjoy talking and laughing while they sew and cook. They have considered all of these things real fun as well as work.

In one July meeting and several August meetings the girls have exhibited their project work and judged it. This is a form of recreation.

In the July meetings the agent showed the members of all Clubs the prizes they are working for in their Club projects. The Bankers of the County gave the home agent \$100 to be spent in prizes, with this the agent bought three different kinds of 4-H motto pictures, for first, second, and third prizes in each club; she bought a 4-H chevron (to be worn on the sleeve) for each girl who has not missed a meeting this year; a beautiful leaders pin for the most outstanding leader; six 4-H banners for the six best clubs out of the 14; and a 4-H flag in a stand with the motto on it, for the Club Reporter who has put the most reports in the paper. All prizes have the 4-H emblem on them this year. The

girls are enthusiastic about the prizes and realize it takes honest and worth while work to win them. The girls help to judge their projects therefore they learn values and see why their work is or is not the best. The girls have enjoyed this part of their work. It is a real art to learn to make play out of work and in the 4-H Clubs the members have accomplished this end. They have been very conscious of the type of work they are doing in connection with the war effort and have not complained even once about not having a real social or party.

In the September, October, and November meetings there has been a little time for recreation and the girls have enjoyed games, songs, etc.

b. Camp

The report of 1942 will be quoted here because it holds true as long as we have a War and cannot have camp - quote:

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

c. Others

The 4-H members are active in helping in all salvaging etc., and everything in connection with schools and churches. The 4-H club reporters have been most active in getting their club reports in the papers.

#### 4. Account of work of One Club Member

One girl who has an outstanding record is a girl of 19 who has been in Club work for 9 years. She is corresponding secretary of her Club, has attended all meetings but one this year and has taken part on programs. She has carried the sewing, gardening, and canning projects this year, and won a prize on each of them. She reports 17 new garments made, 7 remodeled and 30 mended; 255 quarts canned alone and other foods stored. In addition to her Club work she helped with the cooking, housekeeping, laundry, and poultry. She reports as her war service job "Working on the Farm". While her four brothers serve their country she carries on on the home front.

#### D. Older Youth

The Shawver Mill Rural Youth is the only Club of this kind in the County. They worked without the aid of a community or project leader for two years. This year the war cut the number of boys down to two who have carried on the Club with eight girls. The Rural Youth meetings are held in the evenings, and since the boys are not in the community the girls do not have a good way to get to the meetings, therefore, at the December meeting the members decided to have only four meetings during the year. Just enough to hold the Club together for the duration, to take care of their treasury which was the best of all Clubs in the County, and to do as much as possible for the absent members who are serving in the Army.

In January a meeting was held on the 1943 Outlook, Victory Home Garden, and to bid the beloved Farm Agent good-bye. The Farm Agent went to the Army. This was a splendid meeting. Each member was urged to do all possible to help "win the war at home."

The second meeting was not held until June because four of the members teach school in other parts of the County and could not get back to Shawvers Mill until the June meeting. At this meeting the members decided to hold a meeting in July and one in August, then no more until December which will be the first month of the next year. The farm agent discussed the Farm Labor Problems, and the home agent discussed Dehydration. The members planned to send cards and packages or boxes to 11 boys in the Army.

The August meeting was on Poultry Culling, and the State Poultry Specialist gave the demonstration. The people of the community were invited to attend this meeting. In this meeting the members said good-bye to the Home Agent and welcomed the new Home Agent. This year the club members have not carried a regular project, but have worked along every line in their own homes and on their farms, the girls have worked the corn and other crops as well as the boys.

At the August meeting it was decided to have a meeting in October. This meeting was mainly social but the farm and home agents talked on timely topics. Arrangements were made for sending special Christmas greetings from the Club to the members in Service. Plans were made for the December meeting in which each member agreed to make a gift for exchanging.

E. Other Work Done by Home Demonstration Agent

1. County Home Economics Workers

There is no County Organization of Home Economics Workers alone, but they all belong to the County Agricultural and Home Economics Professional Workers Council. A good understanding of the work of all has been gained through this organization.

The agent attends the county teachers' meeting each year to meet the teachers and to hear their program. Each year she is asked to talk to the teachers about the Extension Work. The Home Economics teachers in schools, where 4-H clubs have been organized, and the agent discuss programs and make plans so their work will not conflict. The agent has given the teachers bulletins and other literature which they have used in their classes and exhibits. There is a splendid feeling between the agent and teachers in the County.

The Farm Security Home Management Supervisor and the agent cooperate in every way possible. The agent furnished some bulletins for the Farm Security Home Management Supervisor and has been asked to allow the Farm Security Supervisor to "sit in" on demonstrations. This has been done a number of times. In addition to this she has been invited to the Home Demonstration planning meetings, and attended the one leaders conference held by a State Specialist.

2. County Nutrition Committee

The County Nutrition Committee has not functioned as such. The Home Economics Teacher of Tazewell was asked to serve as the Chairman and to form a committee, with the cooperation of the home agent ( who wrote the letters and advertised the meeting) a meeting was called. The teachers are scattered and have almost no way of getting to meetings. The agent, Farm Security Home Management Supervisor, and one teacher cannot carry on the work of a County Nutrition Committee, therefore, nothing has been done as a committee. Much work has been done on Nutrition through the different agencies.

3. Office of Civilian Defense

The agent has been asked to confer with the Chairmen of the Civilian Defense Council, a number of times and has cooperated in every way possible. She has been able to help by contacting key people in each community, and by explaining plans and giving information to each of her groups. Through these conferences with the Chairman of the Defense Council she has been able to give him a better picture of Extension work in the County, and the Community Neighborhood Organization.

4. Salvage Committee

The most work along this line has been the collecting of fats. Last year the salvage drives cleaned up most of the scrap. However, the agent has explained to all the Clubs the plans for salvaging iron, rubber, fats, papers, etc., and has urged all members to cooperate.

5. Rationing Board

In 1942, the agent worked very closely with the Rationing Board on sugar, kerosene, and other articles rationed. She was asked to meet with them a number of times, and to carry information to all parts of the County. The Board has appreciated this cooperation and has kept the agent posted in all products rationed in 1943, and asked her to "spread the news". Whenever the agent hears people talking about Rationing and asking questions she tried to explain and answer their questions.

6. War Bond Committee

The agent attended a meeting of the War Bond Committee, and a number of times has conferred with the Chairman of Sales of all Stamps and Bonds in women's organizations. The buying of Stamps and Bonds has been discussed fully in each 4-H and Home Demonstration Club and each month members are urged to continue to buy regularly. In the neighborhood and community organizations, sponsored by the home agent, buying Stamps and Bonds has been kept before the people.

7. School Lunches

The County did not have a School Lunch Supervisor all the Club year. However, as long as there was one in the County she attended as many of the Home Demonstration Meetings as possible, in her community. She came to the home agent's office for information, and asked the agent to check her menus for the different schools. The agent gave the Supervisor as much information as she could along every line. While there was a Supervisor and after that office was discontinued the agent visited the lunch projects as she traveled around the County. The value of these hot lunches was so great a number of the clubs helped can and furnish foods to supplement that furnished by the County. Even after support for this work was discontinued by the W.P.A. the women of the communities and the teachers carried it on. In one community the teacher and children planted a garden and during the summer the Home Demonstration women have canned the vegetables to be used next school year.

8. Red Cross

Four of the Home Demonstration Clubs made as one of their goals "Cooperate with the Red Cross in every way, sew for it whenever possible to secure the materials." In this County there have been more people to sew than there have been materials allotted. Two of the Clubs have sewed and still are working for the Red Cross. The agent has been interested in "carrying messages" whenever asked to do so by the County Red Cross Chairmen. One Club secured a teacher and took the Red Cross First Aid Course.

#### 9. Mattress Program

In May the District Agents had a conference with the Extension Agents in the County and asked them to call a meeting of a committee representing all agencies which had worked on mattresses in 1941. The purpose of this committee was to "clear up forms" and decide how the money left from the program might be used. They could not give it to any one agency which had helped with the program. In June the mattress committee was notified of the meeting by the home agent, who explained the purpose of the meeting. Officers were elected for the day. The Committee decided after clearing up all forms etc., to use the money to buy a motion picture machine for all agencies to use. The farm agent was made chairman of the Committee to buy the machine, he with the assistant farm agent have taken charge of the money in the bank. The District Agents were sent a copy of the minutes of this Mattress Committee Meeting.

#### 10. Others

The agent has had a number of conferences with the Welfare workers at their request, and has worked and planned to help their families. In all clubs where there are welfare families in the communities the members invite the women to attend the meetings. In two communities, the agent picks up welfare folks and takes them to the meetings. The agent has helped the welfare folks with Gardening and Nutrition. Two workers attended a conference which the agent had with the State Food Specialist. The director of the Welfare work in the County is a member of the Professional Workers Council.

The home agent has served on the Committee set up to approve the applications for pressure cookers. Before the Committee was formed, and as soon as the first information, on the possibility of securing pressure cookers, reached the agent's desk, she started talking with the clubs about applying for the cookers. As all the information on cookers has been received, it has been "spread abroad" by the agent. However, only four or five cookers have been secured by one store in Bluefield. The merchants of Tazewell have tried "often and hard" with little results. The agent does not understand why if a certain number of cookers has been allotted the State, that any one County would not be able to secure at least a proportionate number.

VII. APPRAISAL OF MOST SIGNIFICANT CONTRIBUTION TO THE COUNTY OF H. D. PROGRAM

No one part of the program stands out as the most significant. The year has been a hard one for both the 4-H and Home Demonstration Clubs. Last year they felt it was the hardest they had ever experienced, and they felt they couldn't work harder. This year all members have more than doubled their work and seem to do it with more ease. With the great shortage of labor it would seem natural for the attendance at all meetings to be greatly reduced, but this has not been the case. The summer meetings for the 4-H Clubs have had the best attendance in three years. The Home Demonstration members have kept a splendid average attendance. All members have come to feel that the Clubs have a real contribution to make to the communities and in many cases the members have "left the corn fields to attend the club." The demonstrations on Foods, Clothing, and Health have been used much more than demonstrations given in the past. As has been said in reports of other years, "regardless of the size of the words or figures on paper, for the world to see, regardless of the reports which may or may not be made to the agent, or to the neighbors of the members, the agent knows what has been done in all of the communities and the real value of the program to the people. So long as the people have been helped, and can continue to help themselves because of lessons learned"--the Home Demonstration Program is good and has made a real contribution to the County.