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VIRGINIA

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

NAISEMOND COUNTY
1950

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Contribution of the 1950 Program to Better
Family Living

The 1950 Extension Program has definitely marked good results toward contributing to better family living as club members worked diligently toward reaching their goals set up by the home demonstration committee. This committee worked out the 1950 program based on the following problems: the felt needs and interests of the people included the need to make more clothing, produce and conserve more food to decrease the high cost of living and the need for the continuation of improving the conditions in and around the homes for better health and for more comfortable living. Therefore the home demonstration program was centered around clothing construction, more food production, better planned meals, and home improvement; while the 4-H members worked toward improving laundry methods, increasing food production and constructing clothing.

In order to help decrease the family clothing expenditures, one hundred sixty families learned to select, construct, and care for clothing. These members were assisted in selecting clothing for different occasions, learning the durability of garments, how garments can be made easy to wear and laundry, and how to use the right color combinations. Emphasis was placed on the renovation of old clothes. As a result 398 articles and garments were made or remade by 4-H and adult members which included adult and children work and play clothes along with household articles.

Two hundred and fifty farm families took a greater interest in producing or making changes in the use of vegetables, fruits, meats, milk, and eggs this year. Several families were interested in increasing their

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variety and producing more vegetables, while 45% were primarily concerned with planning and preparing attractive meals, and at the same time including the necessary food elements.

Fifty-five 4-H members raised a variety of vegetables on twenty-seven acres of land with vegetables valuing to a profit of \$1265.00. These figures as compared with last years' excell those by a margin of an one-fourth increase.

Seventeen members were still concerned with better poultry production. Ten of these members completed their projects with 175 birds valuing to a profit of \$167.50.

Food conservation was marked with high emphasis this year. Adults and 4-H members canned, preserved and froze 23,250 quarts of meats, fruits and vegetables.

To make the home a better place in which to live, club members began their work in the kitchens and around the home. Seventy-five members made several improvements which included additional windows for more light, painted walls and ceiling, painted and put woodboxes on legs and rollers, screened doors and windows, and added new kitchen cabinets. One hundred seventy-five members cleaned up outside surroundings and five families added shrubberies and regular yard grass. Three families installed running water and one bath while a few others provided sanitary toilets this year.

Three clubs worked cooperatively on buying and making kitchen sets, one bed room set, two made children clothings, while two worked on re-upholstering old furniture, making slipcovers, and rugs along with their other project work.

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One hundred and twenty members worked cooperatively in eight different groups and made eight United Nations Flags.

Two adult clubs having a need to use serving trays during refreshment period made sixteen serving trays and thirteen coasters.

Four hundred sixteen laundry articles were made by one hundred forty A-H club members. These articles included lining clothes baskets, making clothes pin bags, padding and covering ironing boards, securing sleeve boards and making pressing clothes.

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IV. Adult

A. Project Work

1. Clothing:

a. Renovation

To make use of old clothing and at the same time save money, club members were interested in learning to renovate their old clothes. Demonstrations and discussions were given by the agent in club meetings on easy ways of ripping garments, the advantage of pressing and examples were shown and given of the different garments that could be made from old clothes. Club members were also assisted in cutting and construction. Eighty two families were assisted on these topics with a completion of 56 old garments made into new ones. Some of the garments included blouses made from dresses, short coats from long, boys' suits from wool dresses and children dresses and shirts from adult clothes.

b. Selection:

An outgrowth of club members need to sew for the family to decrease the family's clothing expenditures, more information was needed along this line to aid in solving the problem of better construction. Samples of patterns and materials were shown to club members. The types and color of materials best suited for body built, patterns for different occasions were discussed. How to enlarge or adjust patterns on individuals was also demonstrated. One hundred and sixty club members were assisted along this line.

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c. Construction:

Because of a felt need demonstrations and discussions were given in sight of the home demonstration clubs by the agent and leaders. These demonstrations included placing of pattern on material, using the tracing wheel and dressmakers carbon paper; cutting and constructing the garments. Demonstrations were also given on finishes such as hemming, putting in plackets and zippers and making worked button holes. Approximately fifty persons are using the tracing wheel with carbon paper. One hundred and fifty families were assisted this year on clothing construction. Two hundred sixty three garments and articles including adult and children dresses, aprons, slips, boys suits and shirts, skirts and etc. were made.

2. Foods:

a. Production:

Many adult members were interested in producing more food for the families in order to decrease the family food expenditures. Through pamphlets, bulletins, suggestive garden plan distributed and through discussions held during club meetings and home visits, club members received much information concerning advantages of having year round gardens, the amount of food needed for each family and methods to use in producing good gardens. One hundred and fifty families increased their production of vegetables and poultry.

b. Meal Planning & Preparation:

Several adult members were deeply concerned with learning to plan and prepare meals in order to include the necessary food value and at the

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same time make their meals appetizing.

Assistance was received from the Assistant Foods Specialist, Miss Mary L. Thompson on planning meals to include the seven basis foods. Demonstrations were also given by the agent and voluntary leaders on preparing attractive meals. Emphasis was placed on using foods families already had on hand and preparing the same foods in a variety of ways. According to reports turned in , two hundred ten families have followed the recommended practices and more families are eating a wider variety of foods.

c. Conservation:

In order to have a variety of foods the year round, club members were again interested in conserving much of their abundant food supply. These members received demonstrations , pamphlets and discussions on canning, freezing, and preserving fruits , vegetables and meats. These demonstrations were given by the Assistant Food specialist and agent along with assistance from leaders. Food preservation demonstrations featured methods of canning by use of hot water and pressure cookers. Stress was p laced on sterilization of jars and equipments and care in the preparation of food and processing. Home demonstration members cann-ed and froze 22,200 quarts of fruits, vegetables and meats.

Storage of canned goods was again stressed this year with families who did not have sufficient pantry space. This information included storing jars in card board boxes. Emphasis was placed on grouping a variety of vegetables in the same box with proper labels for the convenience of a family who desires to use more than one vegetable at any one meal. Reports have come from many families stating how helpful and

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convenient they have found this method.

3. Home Improvement

a. Color Scheme

Home improvement project was selected because families felt that there was a need to continue to work toward their long time goal of improving the living conditions and to make the home a social center for the family by making it more attractive, comfortable and convenient.

These families were primarily interested in gaining information on appropriate colors for kitchens. Pamphlets were distributed, pictures were shown, and information was given by leaders and agent concerning the same. Seventy-five families have painted or repainted their kitchens using soft attractive colors.

b. Kitchen accessories

After having painted the walls and ceilings, club members were inspired to make other improvements. These included putting wood boxes on legs and rollers and painting, adding screen doors and windows also cabinets.

Three clubs worked cooperatively on buying and making kitchen sets including curtains, chairbacks, chair bottoms, aprons, pot holders, cord holders, table clothes and napkins. These sets were made from unbleached muslin and organdie trimmed with small checks of other cotton fabrics.

One club worked cooperatively on a bed room set including curtains, bed spread, pillow cases dresser table skirt and scarfs along with a handkerchief bag. Information and demonstration concerning the above were

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given by the home agent and leaders.

c. Rug Making:

From demonstrations and discussions given by leaders, club members found it to their advantage to continue to make rugs from burlap bags and yarn thread. There were ten beautifully made rugs completed this year which makes a total of approximately fifty-five rugs of these kind completed in the county.

d. Reupholstering:

One county-wide upholstering training meeting was held with eighteen leaders attending. These leaders were trained on how to reupholster old furniture. Demonstrations were given by the agent on removing old materials from the chair, cleaning, tying springs, placing moss and cotton and covering. Emphasis was placed on reupholstering durable furniture. Several members have reported as having upholstered their furniture after receiving information from leaders.

e. Slip Cover Making:

Two adult groups received demonstrations and informations on making slip covers for their furniture. These demonstrations included how to correctly measure chairs for the necessary amount of material, how to fit, cut and construct. Too much progress have not been made along this line, however five families have successfully made covers for their living room furniture.

IV. Handicrafts

a. Christmas Decorations:

As Christmas was approaching, club members became interested in learning new ways of decorating their tables for Christmas. Demonstrations were given in all of the home demonstrations clubs on this

subject which included making place cards and center pieces. These place cards were made of folder cards using a sprig of green in one corner with names written on in decorative colors. Cards were also decorated by using walnut shells with model, holly, cedar or pines. Table decoration featured method of using a half white potato to stick cedar, holly, pines or other greens into and covering the potato with aluminum foil. The above demonstrations were given by the agent after receiving information from Miss Mary L. Thompson. Several members expressed their use of the above methods, and stating that they were attractive and easy to do and less time consumed.

b. United Nations Flag

In order to emphasize the high hope for peace, to familiarize people in every community with the flag and to provide a means for women to show in a tangible way their patriotic desire to serve the United Nations and United States effort for world peace, one hundred and twenty members representing eight different groups were given information and demonstrations on how to make these flags. These steps included cutting the material, sewing hems, transferring design to field, appliqueing world design and wreath and making holes for attaching poles. As a result seven flags were made by these members.

c. Etching Metal:

Two different adult groups received demonstrations and information on making aluminum trays. Making these trays included tracing design on disc, painting designs, mixing the acid, shaping the edges of the disc and cleaning trays. Club members have reported making twenty-nine serv-

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ing trays and coasters.

B. Other Activities:

• 1. Live At Home Community

Lunns Community has been selected for a period of years as the demonstration community for the county. This community has one hundred and three families, of this number the following have made such improvements for the last year.

Three homes were bought and seven homes were painted. Ten families did interior painting in keeping with the art principles and three new homes were built.

Eighty percent of the families living in this community have electricity and four have telephones.

Three families have installed running water and one bath this year.

Three families have added new kitchen cabinets and one new kitchen was built, along with two families have screened their porches.

Two refrigerators, one gas stove and one washing machine were purchased this year.

Members living in this community have canned and preserved 5,150 quarts of fruits, vegetables and meats. Ten of these members have made some improvement in beautifying their yards.

One hundred families had gardens and approximately fifty percent of them produced fall and winter gardens. Ninety percent of these families have sufficient poultry the year round.

Seventy-six families own their own homes and thirty families have children in the 4-H club.

2. Farmers' Conference

The annual Farmers' conference was held at Mt. Zion Baptist Church with one hundred and seventy-five farmers and homemakers in attendance from

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all sections of the county.

Mrs. Myrtle Hughes, Health Educator for Norfolk County discussed foods in relation to health. She emphasized the importance of including the seven basis foods in the daily diet along with other requirements to make up the healthy body. This information was very helpful and beneficial to the entire group.

Forty-five members represented this county at the State Farmers' Conference held at Virginia State College, Petersburg. Many demonstrations were viewed by all which has been felt to have been very encouraging and worthwhile.

3. National Home Demonstration Week

This week was celebrated by publishing news articles, placing finished garments on exhibitions, holding county tour, community banquets, and teas. Viewing improved kitchens, yards, gardens and constructed garments were the main topics featured during the week.

Four home demonstration women and the agent represented the county at a district home demonstration meeting during that week.

These activities afforded members with the opportunity of evaluating and appreciating their jobs as homemakers and realizing that they are a part of a nation-wide program. More county people were acquainted and inspired with the Extension Program and outstanding leaders were recognized and encouraged to continue their responsibilities.

4. County Tours:

Two county-wide tours were conducted to visit result demonstrations. These tours afforded fifty-five members to view improved kitchens, yards, and baths. They observed additional windows for more light, kitchen cabinets, installed running water and baths and yards with beautiful

shrubs and grass. These tours inspired other members to make similar improvements.

5. Tidewater Fair:

Eight home demonstration clubs exhibited work done during the year at this fair. These exhibits included three kitchen sets, aluminum trays, one bedroom set, two children clothing units and house furnishings including rugs, upholstered furniture, and slipcovers. These clubs won prizes amounting to \$35.00.

V. 4-H Club Work

A. Project Work

1. Small Laundry Equipment

In keeping with one of the long time goals of simplifying laundry duties in the home, club members selected this project with interest. Demonstrations and information were given by the agent and trained leaders on lining cloth baskets, making clothes pin bags, padding and covering ironing boards, making pressing clothes and securing sleeve boards.

These meetings were well-attended and of the 197 enrolled 140 completed this project by making 465 of the above articles.

2. Food

a. Garden:

Learning more information about raising a garden became of interest to club members because they wanted to have some type of responsibility and at the same time help to decrease the family food expenditures. Because of the support received from leaders, some 4-H members worked very hard in producing food for the family this year. Demonstrations

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Illustrative material and other information were given to club members by adult leaders and agent.

There were fifty-five members of the ninety-two enrolled who completed their projects. They helped a large variety of vegetables on twenty-seven acres of land. These vegetables valued a profit of \$1265.00.

b. Poultry:

This project was carried by seventeen 4-H girls with ten completing. These ten members carried for 175 birds by feeding, watering, cleaning the house, equipments and keeping fire in the brooder house. Leaflets and pamphlets were distributed and discussions were held on the production and care of birds by agent and leaders. The 175 birds valued a profit of \$167.50.

3. Conservation:

This project grew out of the garden production project. Club members were given demonstrations and other necessary information by trained leaders. They demonstrated preservation by methods of processing by the use of hot water and pressure cooker. Twenty-five of the fifty members enrolled in this project canned and preserved 1050 quarts of fruits and vegetables.

3. Clothing:

One group consisting of older 4-H girls enrolled in "So You'd Like to Sew". They were interested in learning to cover and equip sewing boxes, making head scarfs, needle case, aprons, laundry bags, kitchen towels and broomstick skirts.

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The necessary demonstrations and information were given club members by trained leaders. Of the fifteen members that completed this project, one hundred and thirty-five above articles were made.

4. Home Ground Beautification:

In order to help improve the outside appearance of the home, four members were interested in enrolling in this project. Three of these members cleaned up surroundings, kept lawn clipped and shrubbery properly pruned, planted flowers and provided cans for trash. This information was given to members by the agent. Leaflets and bulletins were also distributed to them concerning similar information.

B. Other Activities:

1. National 4-H Club Week

This week was celebrated by all of the fifteen 4-H clubs in the county with more than 600 4-H members, leaders, and parents participating. Each club presented an unified 4-H program at their march meeting. Several club members place their laundry project work on exhibition in schools during this special week.

One junior council meeting was held with forty-two leaders and club officers attending representing ten of the fifteen clubs in the county. They were trained on how to properly conduct 4-H meetings and plans were formulated for other 4-H activities for the remainder of the year.

A 4-H motion picture entitled "The Road of Tomorrow" was shown to more than one hundred club members, parents, and leaders. The National 4-H Week celebration climaxed with a fifteen minutes radio broadcast over WLFM with twenty members participating. This broadcast included

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the purpose of National 4-H Week, annual report of 4-H club member 1949, 4-H Motto and guideposts, 4-H club pledge, songs and solos.

2. Rural Life Sunday

Ten of the fifteen clubs celebrated Rural Life Sunday in a county-wide service. One hundred and fifty 4-H members, parents, and leaders came together and enjoyed a 4-H message delivered by Rev. A. W. Whitaker in Healing Chapel Church.

3. 4-H Trip:

Sixty 4-H Club members, leaders, and parents took a trip to Washington, D. C. The places visited were Washington's Monument, Smithsonian Institute, Natural Museum, Howard University, and Zoological Gardens. The objectives of this trip were to bring together these members for recreational and educational entertainments. This trip stimulated interest in them in doing a better 4-H club job and at the same time uplifted them in their class work.

4. Tidewater Fair:

Club members from the various clubs in the county exhibited some of their project work at this fair. They received prizes amounting to \$35.00.

5. State Short Course:

Six older 4-H club girls and one adult leader attended the short course held at Virginia State College, Petersburg. These members received first hand information on their project work. This conference also afforded them with recreation.

6. Wild Life Conference:

Two 4-H girls and one leader attended this conference which was held at Virginia State College, Petersburg. Here they studied conserving natural resources and wild life.

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7. United Nation Day Celebration:

This day was celebrated by East Suffolk High School. All 4-H and other students came together for this ceremony. The agent discussed the purposes of this celebration, the United Nations goals and the work that had been done in the county along this line. Deloris Butler and Bertie Porter 4-H members of East Suffolk school presented one of the first United Nations flags made in Virginia by the Hoiser Lane Home Demonstration Club members. to Mr. Turner ,Principle of that school. He accepted the flag in behalf of the students and faculty with hope that the influence of the flag would be felt throughout the state and nation in order to make the communities a happier place in which to live.

During United Nations Week seven other home demonstration clubs displayed these flags.

VI. Older Youth

Even tho no older youth group has been organized by the agent, some work was done along this line with unorganized groups. The agent and twenty-nine older girls joined the young farmers in a recreational and educational trip to view Skyline Drive and Luray Cavanaugh, Luray, Virginia.

On March 23, the agent served as one of the consultants at the Vocational Guidance Clinic for East Suffolk High School juniors and seniors. Several girls expressed their interest in home demonstration work. Further guidance was rendered by the agent to those that were interested.

Twenty older girls who are members of home demonstration clubs were worked directly with on family problems.

VII. Scope of Work

	1948	1949	1950
Number Home Demonstration Clubs or Groups -----	5	7	9
Membership-----	80	131	161
No. 4-H Clubs -----	13	14	15
Membership -----	245	298	319
Number Older Youth Groups -----	0	0	0
Membership -----	0	0	0
Number of other families reached -----	60	99	175
Total number families reached -----	325	325	355

VIII. Statements as to how the following organizations functioned in 1950 program.

1. County Board of Agricultural

This board is composed of forty leaders and key people in the county. This board has as its objectives to cooperate with the community, home demonstration and 4-H clubs in the county in planning and seeing that these plans are carried out to most benefit the people. Three meetings were held this year to plan and check on the program of work, and to help train neighborhood leaders. Two delegates were sent from this board to the State Advisory Board Meeting held in King and Queen County in September. Because of the splendid cooperation received from this board, extension practices were broadened throughout the county.

2. County Home Demonstration Committee

This committee is made up of thirty-six leaders and officers from the different home demonstration clubs. Two meetings were held for the purposes of making and checking the program calendar

of work for adult clubs. These calendars were based on the needs and interests of the county people. This committee sent four delegates to the District Home Demonstration Meeting held in Petersburg, Virginia during National Home Demonstration Week. The purpose of this meeting was to work out long-time goals for adults throughout the district. Through this committee extension teachings have been more effective.

3. County 4-H Club Council

This council is made up of sixty officers and leaders from all of the 4-H clubs in the county. Two meetings were held this year for the purposes of making 4-H plans, training officers and leaders, checking on activities that were planned to unify club work throughout the county. Through this council 4-H club work was strengthened and made more effective throughout the county.

IX. Activities of volunteer leaders, adult and junior, organizational, program development, and subject matter.

<u>Growth of Home Demonstration Project Leadership</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>
No. Project leaders and goal chairmen	5	7	9
No. Training meetings held By Specialist	1	1	1
By Agent	2	4	8
Attendance at all training meetings	35	56	91
No. Club meetings held by leaders without agent	7	19	25
No. Club meetings at which leaders assisted	10	20	29
<u>Growth of 4-H Club Project Leadership</u>	<u>1948</u>	<u>1949</u>	<u>1950</u>
No. adult project leaders	16	16	22
No. Junior Project leaders	0	4	5
No. Training meetings held by Specialist	0	0	0
By Agent	1	2	5
Attendance at leaders training meetings	8	28	49

Growth of 4-H Club Project Leadership Continued 1948 1949 1950

No. 4-H leaders trained individually	7	16	13
No. Club meetings held by leaders without agent present	6	17	27
No. club meetings at which leaders assisted	4	10	16
No. demonstrations given			
By leaders	2	4	12
By adult	7	15	9
By Junior	0	2	2

X. Work in cooperation With Other Agencies.

1. Southern State Stores

The Southern State Stores are owned and operated by farmers in the county. Each year these stores sponsors a program for their customers. Assistance was rendered by the agent in making their annual program a success. Members were urged to take an active part in contests that were offered in the program and assistance was given in helping to formulate the program.

2. Health Department

The Health Department held a two day tuberculosis Institute. Cooperation was shown in helping to arrange the program. The agent also cooperated with this agency in encouraging members to be X-rayed.

3. Red Cross

The agent served as one of the persons in helping to locate leaders to work with the red cross drive. Information was also given to members as the purposes of the drive.

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XI. Significance of Year's Work

As I look back over the year's work, I can see much progress; however there are many things yet to be done to make more desirable changes.

In all of the thirteen communities the extension program has reached some of the people either directly or indirectly in an organized way. As I have traveled through the county, it has been inspiring to note how homemakers have responded to the extension program.

Many family members' attitudes have been changed toward wanting to be a part of the extension program by making request for more organized work and by attending more of the county-wide programs.

Families have made remarkable changes in improving their conditions in around the homes. The spreading of extension work has been noted by more families conducting result demonstrations.

Some parents have developed greater interest in 4-H club work and more club members have worked diligently to accomplish their goals set up in the plan of work.

Parents are more conscious of the present day situation and the need for learning the improved methods of living.

Some parts of the extension program have not been as successful as the agent would have liked to have seen it. It was my belief that this was due to insufficient planning and inadequate leadership. With this in mind, it is my desire to devote more time to planning activities and programs and developing stronger leadership in the various communities in the future with the hope of making more progress toward long-time goals.