

VIRGINIA

GOOCHLAND  
County

Home Dem. Agent

Annual Report 1937

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REPORT FILES  
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EXTENSION WORK

ANNUAL NARRATIVE REPORT  
HOME DEMONSTRATION WORK  
GOOCHLAND COUNTY  
VIRGINIA

HOME DEM AGENT ANNUAL REPORT

1937

Miss Clara Austin

Home Demonstration Agent

December 1, 1936 - November 30, 1937

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### III. SUMMARY OF INDIVIDUAL ACTIVITIES

|   |        |
|---|--------|
| Days in field . . . . .   | 227½   |
| Days in office. . . . .   | 54½    |
| Days annual leave . . . . .                                     | 24     |
| Days sick leave . . . . .                                       | 2      |
| Days leave without pay. . . . .                                 | 0      |
| Legal holidays taken. . . . .                                   | 5      |
| Number home visits made (adult) . . . . .                       | 862    |
| Number 4-H Club demonstrations visited. . . . .                 | 142    |
| Total number different homes visited. . . . .                   | 740    |
| Office Calls. . . . .   | 517    |
| Telephone calls . . . . .                                       | 147    |
| Number news articles or stories prepared for<br>press . . . . . | 28     |
| Number individual letters written . . . . .                     | 1,062  |
| Number different circular letters prepared. . . . .             | 49     |
| Number meetings attended. . . . .                               | 344    |
| Number miles traveled . . . . .                                 | 11,453 |

#### IV. THE COUNTY AND IT'S PEOPLE

Goochland County is located in the Eastern section of Virginia on the James River. It is one of the smallest counties in the State. The upper section of the county is hilly, covered with sassafras bushes and the soil is red clay. The land near the river is very rich, but during the past three years this section has been flooded by the high waters two and three times a year. Since farming is the principle industry in the county and the land is so poor, the majority of the people have very low incomes. There are 1,272 farms in the county. Even though these people do not have so much to work with they avail themselves of every advantage to improve the production of the land. Their homes are all very simple and they are gradually making modern improvements that makes the home life more comfortable and attractive. A number of people are employed at the State Farms for Men and Women, located in the county near the Court House. In 1922 there were ten 4-H Clubs with an enrollment of 150 girls and two home demonstration clubs with an enrollment of 14 women. At the present time we have fourteen 4-H Clubs with an enrollment of 211 and nine home demonstration clubs with an enrollment of 206. The Home Demonstration program has made the people more conscious of a "Live at Home Program"

#### V. STATUS OF COUNTY EXTENSION ORGANIZATION

The Home Demonstration program is supported by the Board of Supervisors and the County School Board. Both the Board of Supervisors and the School Board are composed of three members, each representing the three magisterial districts. Three hundred dollars is appropriated from the General County Fund, and one hundred and eighty dollars from the County School Fund to support the work for the year. These boards cooperate splendidly in helping to forward all programs of extension nature. The school board allows us to hold meetings of recreational nature and money making schemes in the schools. This board also furnishes the school buses to take the 4-H members to the Jamestown 4-H Club Camp, the State Short Course and to all Achievement Days. The use of three privately owned recreational halls in the county are offered for home demonstration activities free of charge.

The county Home Demonstration Advisory Board is composed of twenty nine women, five from each district and the presidents of each home demonstration club. This board holds four meetings each year. The regular meeting date is the first Tuesday in February, May, August and November. The Advisory Board helps to make all plans and sponsors the work throughout the year.

They finance the awarding of prizes for both the Adult and 4-H Achievement Days and two Flower Shows. Four meetings have been held this year. The regular November meeting is held to check the Achievements of the year, select the major project and make the goals for the next year.

The Accomplishments for the year follows:

Four meetings were held with an increase in attendance.

A Spring Flower Show was held in April. There were more entries and the program was splendid.

There has been a slight decrease in the membership of county enrollment.

Thirty four women attended the meeting of the District Federation of Home Demonstration Clubs held at Westhampton High School.

Six women representing two home demonstration clubs and the Advisory Board attended the State Federation of Home Demonstration Clubs held in Blacksburg.

A tour of Interest to Charlottesville was sponsored in April by the Advisory Board. Two buses were chartered to take the people on the tour. Seventy three people visited Historical spots of interest.

The Advisory Board sponsored a County Campaign on "Porches-Comfortable and Attractive" in connection with the Federal Housing Program. The president of the Advisory Board served as county chairman and visited the clubs and gave a talk on the Campaign. Each club appointed a chairman to conduct the campaign in her club. The "Porches" were scored in March by a non club member and again in October. The scores were listed on a special score sheet. Each club held their own contest. The County Winner was announced at the Achievement Program.

Canning budgets were made by one hundred fifty six women during March. Ninety seven women completed their budgets and turned them in.

A "Club Institute" of Parliamentary Practices was conducted by one of the Advisory Board members.

Each Home Demonstration Club held a meeting on 4-H Club Work during December to urge every woman with daughters of 4-H Club age to have them join a club.

The Advisory Board budgeted their expenses for the year. The total amount was \$60.00. They raised \$90.10 by selling chances on a Silk Quilt, selling sandwiches at the Farm Bureau Picnic and serving dinner to the Ruritan Club twice.

The Advisory Board sponsored a "Womanless Wedding" in connection with the Ruritan Club to equip a Home Economics Kitchen. The kitchen to be used by Home Demonstration Women when serving a group of 35 men monthly to raise funds for their clubs. They made \$160.60 for the nights performance.

The Advisory Board sponsored thirty six socials for their families and to raise funds.

The nine Home Demonstration Clubs raised \$171.59 in addition to that made by the Advisory Board.

A County Chorus was trained to render a group of songs at the "Womanless Wedding". They also sang at the Flower Show Program and at the Home Demonstration Achievement Program.

Three leader's training meetings were held on the major project with 37 women attending.

Seven Home Demonstration Clubs and the Advisory Board paid the State Federation Dues.

The Advisory Board sponsored an Achievement Banquet at Tanglewood Tavern near Goochland and 123 people attended the dinner and program. The men were also included. Twenty seven Women entered the Biscuit Contest.

The Agent has visited in 67 new homes during the year.

The Agent attended five Farm Organization Meetings, and led the discussion one evening. Twenty seven different women attended these meetings.

The Goochland Advisory Board met on November 3, 1936 and made plans for the 1937 program. The group met for an all-day meeting in the student's rest room at Goochland High School. The members had a picnic spread. One member made coffee and served to the group. The nice dinner provided a social period and put the women in a good frame of mind. The women felt that they needed to make improvements in food preparation and they selected a major project in "Art in Food Preparation" taking six topics. Plans were made to devote the September meeting in each club to a study of Citizenship as their State Federation goal. A County Citizenship Chairman was named to prepare a paper on the U. S. Constitution and arrange for each club to have a speaker on same. Since so many tours had been made to Richmond the group decided to make a tour to Charlottesville to visit Historical points of interest there in April. "Porches - Comfortable and Attractive" was selected as the County Campaign. A five dollar rocking chair to be given to the county winner. A Spring Flower Show was arranged to be held in April. The Achievement program was planned to be held as a County Banquet at which time the men would be invited. A "Biscuit Contest" was planned in connection with the Major Project. The various groups decided to make a study of 4-H Club Work to see how they could assist with the

program. Plans were made to devote one meeting to this work.

The Advisory Board decided to continue sponsoring the serving of dinners to the Ruritan Club at their monthly meetings as a means of raising funds for the clubs in the county. One of the members suggested sponsoring a "Womanless Wedding" to raise funds to equip a Home Economics Kitchen in the High School Building. Committees were appointed to do the advertising, secure costumes, to direct music, sell tickets and plan some additional entertainment. The night's entertainment proved to be very popular as \$160.60 was realized from the door receipts. A service of silver, dishes and table cloths were purchased for 48 people. Goochland Advisory Board received recognition at Blacksburg for their accomplishments in this project.

The 4-H Club Council is composed of 70 members. They hold two meetings a year. The executive group of officers hold two meetings during the year to make plans for the Achievement Day and county socials and money making schemes. On December 5th the 4-H Council met for an all-day meeting and planned the program for 1957. Twenty goals were adopted by the group. The programs were outlined for the year. The Major Project for the 4-H Club Girls was selected in first year Foods on "Healthful Foods for Club Girls". The group

decided to sponsor a special Health Contest with all school children old enough to keep the "Better Food Score Sheet" over a period of 3 months. New Officers for the Council were elected. The officers from the various clubs were given special training in their line of work. The executive group met in March to plan the special activities for the summer and make plans for selecting the delegates to Jamestown 4-H Club Camp and the State 4-H Club Short Course. In September the Council met and planned the 4-H Club Achievement Program.

The results of the 1957 program follow:

Three Council meetings were held with more members present.

Eleven clubs had one leader for each group.

Twelve program meetings and 12 project meetings were held in each group.

Each group held one or more money making schemes.

Each club held a picnic.

A total of 26 socials were held during the year.

Each club held a Christmas or New Year's Party. Christmas Sweets were demonstrated at each party.

Junior Home Makers held one County Social.

Two Senior Clubs served dinner to the Ruritan Club and cleared \$14.00.

The 4-H Clubs raised \$83.50 during the year.

County Selection Day was held in connection with the Farm Bureau Picnic. There were 350 people present.

A Biscuit, Muffin and Cookie Contest was held in each club.

Canning budgets were made by 135 girls during March.

The Council awarded all trips.

Each club made out their own programs.

Seven boys, twelve girls and four leaders and agents attended Jamestown 4-H Club Camp.

The enrollment in 4-H Club was increased from 185 girls to 190. There are 16 Junior Home Maker girls and 5 boys in addition to the 4-H girls.

Eight 4-H Club girls, one 4-H Club boy and six All Stars attended the State Short Course. One 4-H Club girl won first place in the State Correct Dress Contest for the School Outfit.

The All Stars held three business meetings and one luncheon honoring two new All Star members.

One 4-H Club girl was made an All-Star member at the All Star conference during July.

One hundred ten children and leaders attended the 4-H Club Thanksgiving Luncheon and Achievement Program held in the High School. One hundred and twenty seven girls completed her project. Four hundred thirty five 4-H Club members and school children kept the "Better Foods Score Sheets" from two to three months in connection with the Health Contest.

There are approximately 465 white girls of club age in this county and 190 are 4-H Club members.

The Home Demonstration program is so designed that it includes every phase of work in the county. The members of the clubs and agent work with the Parent-Teacher's organizations in helping to raise funds to make improvements in the schools.

The Agent helps to plan the programs and often gives talks on various subjects. A Health Campaign was extended to all children in the grammar grades in connection with the Dental Clinics sponsored by the Parent-Teacher's Association. There were 93% dental corrections in all the schools, as follow up work. The agent with the help of the 4-H Clubs sponsored a campaign to improve the Food habits of the children. Hot soup and cocoa was served to the children. The Red Cross furnished milk to the undernourished children. By all organizations working together the improvements in the health of the children were noted by the teachers in their class room work.

The ~~Buritan~~ Buritan Club was organized about 18 months ago. From the time it was organized the agent and Home Demonstration Advisory Board have supervised the serving of dinners to the men at their regular meetings. Some times the church organizations and Parent-Teacher's organizations furnish the dinner, but the Home Demonstration women and agent assumes the same responsibility in aiding these groups to clear as much money as they can for their group and at the same time serve a nice meal.



VI. PROGRAM OF WORK

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Home Demonstration Clubs

| <u>Name</u>   | <u>Membership</u> | <u>Meetings</u> |
|---------------|-------------------|-----------------|
| Centerville   | 26                | 12              |
| Crozier       | 31                | 12              |
| Fife          | 28                | 11              |
| Goochland     | 22                | 12              |
| Hebron        | 23                | 12              |
| Little Byrd   | 27                | 12              |
| Manakin       | 22                | 10              |
| Othma         | 9                 | 9               |
| Sandy Hook    | <u>18</u>         | <u>12</u>       |
| Total 9 Clubs | 206               | 102             |

4-H Clubs

|                |           |           |
|----------------|-----------|-----------|
| Centerville    | 16        | 18        |
| Crozier        | 17        | 19        |
| Fife           | 16        | 20        |
| Goochland      | 35        | 18        |
| Gum Springs    | 11        | 16        |
| Manakin        | 16        | 18        |
| Oilville       | 12        | 16        |
| Othma          | 12        | 15        |
| Sandy Hook Jr. | 22        | 20        |
| Sandy Hook Sr. | 18        | 20        |
| Tabscott       | <u>15</u> | <u>18</u> |
| Total 11 Clubs | 190       | 198       |

Junior Homemakers

|                |          |          |
|----------------|----------|----------|
| Little Byrd    | 8        | 12       |
| Hobbie Hunters | 7        | 12       |
| Three Square   | <u>6</u> | <u>9</u> |
| Total 3 Clubs  | 21       | 33       |

### SCOPE OF WORK

There are 1,837 white homemakers in Goochland County and 206 are reached directly and 800 indirectly by the Home Demonstration program. There are approximately 465 white girls of club age and we work directly with 190 through 4-H Clubs and 150 indirectly.

Enrollment for the past three years:

| Year | Women     |             | Girls     |             |
|------|-----------|-------------|-----------|-------------|
|      | No. Clubs | No. Members | No. Clubs | No. Members |
| 1934 | 10        | 221         | 16        | 189         |
| 1935 | 11        | 205         | 14        | 177         |
| 1936 | 10        | 218         | 12        | 219         |
| 1937 | 9         | 206         | 14        | 211         |

The Home Demonstration Women majored in Foods - "Art in Food Preparation". Fifty three meetings were held on the six topics selected by the women. The subjects demonstrated included "Meat Substitutes", "Cakes", "Pies", "Biscuits" Dark, Light, Plain and Fancy; "Vegetables so the whole Family will like them" and "Eat your milk and drink it too". The women were very interested in the work. After each demonstration the women would report on the work they had done and give the number of times they had tried out each recipe. It was interesting to hear them tell about the reactions of the different members of their families to the new dishes they had prepared. The women took pride in preparing food that was attractive.

One hundred twenty seven women reported that they were serving better balanced meals. One hundred twenty five women were using economic information to adjust their food supply. When the demonstrations were given on baked products the agent scored the products. A county-wide biscuit contest was held for the demonstration members in connection with the Achievement Banquet. The contest created much interest among the women. The Wheat Institute of Chicago gave \$5.00 for prizes. Twenty eight women entered the contest. Eight clubs and the Advisory Board have served dinners to the Ruritan Club during the year. The groups plan the menu with the agent. A special committee collects the food donated by the members and takes it to the Home Economics Department at the High School and prepares the food and serve the men. The women clear 50¢ per plate when all food is donated. These women learn how to organize the work and prepare food for serving large groups. Cheese demonstrations were given to four clubs and fourteen families reported that they had made 75 pounds of cheese. Ninety eight families reported they were packing better school lunches.

One demonstration was devoted to Food Preservation in each club. Each woman was requested to bring one jar of fruit and jar of vegetable to the club meeting to be scored. The jars were scored and the points necessary to high quality canning were pointed out. The methods of gathering and preparing the

fruit and vegetables for canning were stressed. This demonstration replaced the actual canning demonstration the women had been accustomed to having year after year and it proved to be very successful. One hundred and forty canning budgets were made by the women in March and of this number 97 were completed. The members reported they had filled 20,224 quart jars of food, dried 952 pounds of fruits and vegetables at a saving of \$3,140.48. One hundred and nine families raise practically all food used on the farm.

Twenty six women entered the Kerr Canning Contest and forty seven entered the Ball Contest. One member won sixth place in the district contest sponsored by the Ball Canning Company. One home demonstration member from an isolated section who is one of the marginal families in the county filled 1,547 jars, dried 78 pounds of fruits and stored 26 bushes of potatoes. This woman worked all winter on a WPA Project in the sewing room.

Four new pressure cookers have been purchased.

Women will do without new clothes in order that they may make improvements to lighten their house work. Fifty three kitchens were improved. Forty three families obtained labor-

saving equipment. Twenty five new refrigerators, 20 new ranges of various kinds and 47 other labor saving devices were purchased during the year. Eleven sinks were installed in the homes. The women prove that they are practicing economy when their reports showed that 58 home made labor saving devices were constructed in the homes. Running water was installed in seven homes and three new bath rooms have been added. The women are working out better plans for their work and making more leisure time for themselves.

Twelve families made 220 pounds of soap.

Talks on health and sanitation were given to the Home Demonstration members. Thirty women reported that they had had physical examinations, 43 had improved their health habits and 51 had adopted preventive measures to improve their health. As a measure of insurance to the health of their families, 14 new wells were made safe, 5 new sanitary toilets were built, 35 houses screened, 2 new sewage systems installed and 123 people made a general clean-up of premises.

Home Beautification of Grounds is still one of the major interests of the women. A Spring Flower Show was sponsored by the Home Demonstration Advisory Board during May. The

quality of the flowers were good and there were more entries than last year. The exhibit of flowers was displayed in the main hall of the Goochland High School Building. Eight class prizes were given to the winners. There were 96 entries in the adult exhibits and 12 entries in the children's exhibit. A program of music and a talk on flower culture by a special speaker was held in the auditorium of the high school. Seventy three people went on a tour to Charlottesville and visited the beautiful campus of the University of Virginia, and the old historical homes, Ashlawn and Monticello. Twenty one lawns were improved, thirty shrubs were planted, eleven families built new walks and fences, nineteen homes showed an improvement in the upkeep of their grounds and forty homes showed some outdoor living interests.

Clothing is the topic that appeals to every one that is alive. It is the duty of every woman to look her best at all times. It has been two years since the women made a special study of clothing, however, the women are still working hard on this phase of their work. A report from 142 members reveals a many hour spent along this line of work. The women made 504 dresses, 530 other garments, remodeled 206 garments, and 11 women did their own dry cleaning. The total saving for this amount of work amounted to \$1,282. 75.

House furnishings has always been a popular topic in this county. The County Campaign for last year's program was centered around the furnishings of the living room. This year's reports shows that the interest in this work is very evident. Fifty four families made improvements in 11 different rooms. Forty four families have improved the treatment of the windows in 75 different rooms. Forty seven families have followed recommendations in repairing 167 pieces of furniture in various ways.

A Home Garden<sup>is</sup> the most valuable means of income for a farm family. One hundred and forty women have their own garden and raise a large part of their food supply. The weather conditions have been very favorable for gardens this year. Both spring and fall gardens have been very productive. Forty two families have followed recommendations on insect and disease control.

Poultry raising has been neglected in this county by the women, however, some have done some good work. Thirty five have culled their flocks. Some of these women can the birds that are non layers. Eleven have followed recommendations in disease and parasite control, and twenty four have made improvements in the poultry houses. Eight new poultry houses have been constructed.

The County Campaign was selected at the February Advisory Board meeting for 1937 as a result of a survey made on Better Housing conditions through the Home Demonstration Clubs. It was decided that the topic that needed most attention was that of porches. "Porches-Comfortable and Attractive" was the name of the campaign selected for a study by the county women. A County Chairman was named to direct the work. Each club selected a chairman for their own club. A score sheet was set up by the agent with a committee from the Advisory Board to score the porches at both the beginning and end of the campaign. The chairman in each club either scored the porches or provided for them to be scored by a non club member. Travel for the one scoring the porches was paid out of club funds. The score sheets were kept by the one doing the judging until the end of the campaign. The campaign started in March and was completed in October. The judge for the club selected the first and second winner. Four of the clubs gave club prizes. The campaign opened to non club members as well as those active in home demonstration work. The Advisory Board appropriated \$5.00 to buy a porch chair to be presented to the county winner on Achievement Day. The County Chairman visited the various clubs and gave a talk on "The Porch as an Attractive Approach to the Home".

The porches of the winners from each club were scored by a non club member a few days before Achievement Day on October 22nd. The county prize was presented to the winner at the Achievement Banquet. The winner, being president of the Five Home Demonstration Club and a member of the Advisory Board. The second winner was a member of the Sandy Hook Home Demonstration Club. The winner's score sheet showed that she had with the help of her husband, had painted the floor of her front porch, made new cement steps, screened the porch with wire, put up a green and orange colored awning, made a cement wall around the base of the porch to screen off the view of under the house, bought a new porch chair, one new flower stand, painted two new chairs, 4 flower pots, the screen door and also the ceiling of the porch. A very attractive trellis painted white was erected at the end of the porch and vines planted in the spring to screen off the sun rays from the porch. This porch really invites any one visiting this member to pause and rest awhile on the porch. This is what every porch should do, and serve a real purpose. There were a number of improvements made on the porches of the members in all of the clubs, however, only 65 took an active part in the campaign. There were 59 porches repaired and painted, 26 roofs repaired, 11 sets of steps were built to porches, 15 porches were screened,

25 new porch boxes were made with a variety of several flowers planted in these during the summer time. Forty three pieces of porch furniture were painted and 49 pieces bought new. Three women built new porches, 17 porch floors were repaired and one cement and one wood floor were made.

The Community Activities of the county are mostly centered around the home demonstration program. The women's clubs are the only organizations in the county that offer a chance for the women to participate in a county wide program of interest to all women. The project in which the Goochland Home Demonstration Clubs served dinners to the Ruritan Club to raise money to defray the expenses and the work of raising funds to equip a home economics kitchen in the high school, was recognized as an outstanding piece of county wide work in Blacksburg. The Ruritan Club is a rural organization composed of fifty men who are interested in improving the civic conditions of the county. The women's clubs of the county serve dinners each month to this club as a means of making money for their expenses. This club guarantees to pay for a definite number of plates at 50¢ each. The average number has been 35 which nets \$17.50 from each supper when all food has been donated. Once a year the men have ladies night, which means the number to be served is doubled. The 4-H Council is given the opportunity of serving on

2x  
this particular occasion.

On April 30th, the home demonstration advisory board in connection with the Ruritan Club sponsored a county-wide program to raise funds to equip a Home Economics Kitchen for the High School and provide a place and equipment to serve Community Suppers. The main feature of the program was a "Womanless Wedding". The 4-H Clubs and Home Demonstration Chorus contributed music and stunts. The sale of tickets amounted to \$160.60. The only expense to stage the entire show was \$4.30. This program was attended by the largest group of people ever assembled in Goochland High School. Over 100 people were turned away as they could not find standing room. We were overjoyed with the amount of money made from this show, but the fact the people worked in a harmonious way was of more importance to the community. Every organization in the county fell in line and helped to make the night's entertainment a success. Committees were appointed to make posters and advertise the program, to arrange the stage, secure costumes and direct the music. A successful piece of organization work was demonstrated when the entire program was put on over a period of ten days with the exception of the advertising.

Sixteen leaders assisted the agent in directing the work of the major project - "Art in Food Preparation". These leaders gave 31 demonstrations and assisted the agent in giving 11. Two leader training meetings were given by the State Food and Nutrition Specialist. The Agent conducted the last leader training meeting. The president of the leader's organization did the most outstanding piece of work. She is a member of the Hebron Club. This leader attended all leader training meetings, gave 5 demonstrations by herself and assisted the other leader with the 6 demonstrations. At each demonstration she had all material and equipment assimilated in a very orderly manner on the demonstration table. She was very neat and kept all equipment clean as she proceeded with her work. She interested three new members in joining the club and was always willing to give out information on the work.

The Goochland Achievement Program held in the form of a Banquet last year proved to be so popular among the people that it was decided to repeat the same plan for this year's program. Again the women extended an invitation to their husband and friends. One hundred and twenty three people attended this affair held at "Tanglewood Tavern" on Friday Night October 22nd. The dinner was served by the proprietor of Tanglewood at 50¢ a plate. The 4-H girls assisted in waiting on the

tables. Music was furnished throughout the evening by two professional musicians who are former residents of this county. A quartet and string music was furnished by local talent. The main speaker of the program was the Dean of the University of Richmond. He gave a most interesting talk on "Citizenship" which followed the minor work studied by the women. The State Extension Food and Nutrition Specialist gave the crowning talk for the major project on "Food and Brains". She judged the canning and biscuit contest held in connection with the Banquet. (See Paper Clipping)

Two buses were chartered by the Advisory Board to take the 72 women on a tour to Charlottesville. The first stop was made at Madison Hall on the University of Virginia Lawn where the group was met by two student guides and were guided over grounds and through the buildings. The group assembled at Fry's Springs, a summer resort, and had a picnic lunch. At which time the lucky number was drawn for the silk quilt raffled off by the Advisory Board. The sale of chances amounted to \$25.00. From there the groups visited Ashlawn and Monticello. The women considered that every thing went off on scheduled time and was enjoyed by every one.

The Little Byrd Home Demonstration Club accomplished the most during the year. They held 12 meetings and five committee meetings during the year, with an average attendance of 92%.

They entered every contest sponsored by the Advisory Board and carried 463 pieces of information to people outside of the club. This club had the largest number of entries in the canning contest of any club in the county. All members completed their canning budgets. One member canned 1,347 quarts of food. One member won second place in the Ball Canning Contest in the County. Nine members entered the County Campaign - "Porches - Comfortable and Attractive!" This club paid their Federation dues. Three members of this club serve on the Advisory Board and during the year their attendance amounted to seven. This club had only one leader, however, she attended all three leader's training meetings and gave all demonstrations in her club. Seven socials have been held for community purposes, four were money making schemes. A total of \$70.01 has been made this year. They sent \$10.00 to the Flood Relief and spent \$20.00 to repair their Community House. The members reported that they practiced the demonstrations in foods in their homes. One meeting was devoted to "Citizenship!" A special Christmas dinner was served to the Ruritan Club in December by this club.

Recreation sponsored by the Home Demonstration Clubs in Goochland County is their main source of entertainment as the

people live so far apart and there are no towns to furnish other forms of good times. Each club held a picnic during the month of August. A total of 32 socials were held by the clubs. Visits to the sick were made by 427 women, 161 have sent flowers and 119 trays were sent or taken to the sick.

The Virginia Federation of Home Demonstration Clubs is divided into four districts. The Eastern Division met at Westhampton High School, March 30th, in Richmond, Virginia. Thirty four women from Goochland attended the meeting. Goochland and Henrico County were joint hostesses to the 520 delegates that attended the meeting. A member of the Crozier Home Demonstration Club, president of the Eastern Federation of Home Demonstration Clubs presided at the meeting. The morning was devoted to a business session and special music was rendered by the Henrico Home Demonstration Chorus. "Some Problems of the Modern Family" was the main talk given by a teacher from the University of Cincinnati. The Westhampton Parent Teacher's Association served luncheon at 35¢ per person in the school cafeteria. This was a real social period for the women. In the afternoon the women were divided into discussion groups. At this time the seven goals set up by the State Federation for a long time study were discussed. Each county appointed a leader to represent their county in each section.

These leaders will serve for a period of two years and direct the work in their county. The District Agent led the panel discussion on "Our 1936 Activities". A representative from each County Advisory Board gave a two minute report of the most outstanding work done in her county. The programs for the Eastern Division Meeting were made by the secretary of the Goochland County Home Demonstration Agent.

The State Federation of Home Demonstration Clubs met in Blacksburg during the last week of July. Five Home Demonstration women and four men and the two county agents attended this meeting. Seven of the home demonstration clubs and the Advisory Board paid their State Federation dues. The mornings were given over to business meetings, the afternoon to lecture on home problems and the evening meetings to Civic and Agriculture problems. There were many interesting talks and discussions during the week and a social hour of old time dances was enjoyed by every one. The Goochland County Agent's wife led the group singing. This was one of the main features of the program that was enjoyed by both men and women. The Correct Dress Contest for women gave many helpful ideas to the women on how to be well dressed. One of the high points of the women's program was an illustrated demonstration given on beauty culture, "The Crowning Glory". This created more

enthusiasm among the women than any of the other programs. It is every woman's desire to have her hair beautiful. The president of the Goochland Advisory Board gave the report of the most outstanding piece of work done in the county. We feel that it was an honor that our county was asked to give a report.

The Goochland Home Demonstration women decided to make a study of Citizenship as their Federation Goal. A County Chairman was selected to direct the work. For the last three years the Home Demonstration Clubs of Goochland have taken Citizenship as a minor topic. The first year we devoted a program to County Government, last year to county history, followed by a tour to some of the historical places in the county.

This year, on account of the 150th anniversary of the formation of the Constitution of the United States we thought it entirely fitting and proper that we devote our September meeting to a study of the Constitution. The chairman prepared a paper on the United States Constitution and sent a copy to the chairman on Citizenship in each club. The Commonwealth's Attorney for this county gave a talk at four of our meetings. In other clubs the chairman presented the paper. A special form on how to Register and Vote was mimeographed and sent to each woman in the county. The women practiced filling in

the blanks at the club meetings. Therefore, as our objective in citizenship we urge: "Every rural woman register, pay her poll tax and vote her convictions!" With this in mind every club member has been given a copy of "The Virginia Election Laws"; a copy of the "Constitution of Virginia" as well as a leaflet "What I should know in Order to Vote."

Some time has been spent on Library Work even though it had not been selected for special study. The agent helped the County School Librarian to establish sub stations where books were placed for local use. National Youth Administration girls were in charge of the books three days a week. The books were changed every two weeks. The home demonstration members were urged to borrow books from these stations and read during their leisure time. A report from the clubs show that 395 books have been read, 31 exchanged within the clubs and 45 members exchanged magazines. During the year 54 individual women read 12 or more books.

Two members and the agent attended one Rural Electrification Meeting in Petersburg. These members reported the results of the meeting to their club. Four electric lines are being constructed in this county. Two members reported they installed electric lighting systems. Eight new electric stoves have been purchased and nine electric refrigerators. An electric stove

and a refrigerator have been installed in the home economics kitchen in the high school for demonstration purposes to be used by both women and girls.

Girl's Work. Healthful Foods for Club Girls first year foods was studied by the girls. Christmas Sweets was demonstrated at the meetings during December. A Christmas or New Year's party was held in each club to put into practice the project work. The girls enjoyed this work very much. A County Christmas Party was held at the high school for the senior club. "Refreshments for a Club Party" was demonstrated in each club. The clubs held birthday parties, teas and garden parties at which time they practiced courtesies, preparing and serving party refreshments. The study of baked products included demonstrations by the girls and exhibits of their biscuits, muffins and cookies baked at home. Each girl tried the recipe two or more times and then brought an exhibit of four of each product. The groups were given instructions on judging and then the girls practiced judging. A special study of school lunches was started stressing the improvement of health. Demonstrations on school lunches was given by the girls. The Better Foods Score Sheet was given to the members in January. A Health Campaign was carried with 435 grammar

grade children which kept the Better Foods Score Sheets from two to three months. The 4-H Club girls sponsored the campaign and had the scores checked daily while in school. They served hot lunch three times a week during the cold months.

Demonstrations on "Table Banquets and Centerpieces", "Table Service", "Milk and Egg Dishes", "Vegetables" and "Meat and Meat Substitutes" were given special study through the summer. As a summary of this work the clubs planned, prepared and served themselves a Buffet supper. For the final summary of their Achievements the girls planned a Thanksgiving Buffet Luncheon and served 110 girls and boys. The food was purchased out of the 4-H Council funds and it cost only 18½ cents per person to serve the group. A group of 12 4-H Club girls served the dinner for the Home Demonstration Women's Achievement Banquet.

There were 190 girls registered in the regular major project in foods and 127 completed their work.

The most outstanding piece of work was done by a member of the Crozier Club. For the past year and one half this member has assumed the full responsibility for preparing and serving the meals for her family. Her mother was paralyzed and unable to do any work. She filled 351 jars of food.

One hundred and thirty five girls made a canning plan in March and 43 completed the plan. The girls were more interested

in Food preparation and learning to serve dinners than in canning, however, the ones reporting helped and canned alone 7,315 jars of food, dried 599 pounds of vegetables and fruits. The saving was estimated at \$1,305.35.

There were 37 girls representing four communities registered for Gardens as a minor project. This project included both vegetable and flower gardens. Twenty two members had vegetable gardens. There was a total of 12 acres in their gardens and they stored 594 bushels of vegetables for winter use. Nine had fall gardens and provided leafy vegetables throughout the year. Seventeen members grew from 5 to 10 varieties of vegetables, seven members grew herbs and four beautified the grounds of their home. One member grew a variety of 15 flowers and took 14 blue ribbons and one red at the Spring Flower Show.

A project in poultry was completed by 14 girls out of the 25 registered. The members raised 537 birds. Eight members culled their flocks. Twelve of the members fattened and dressed poultry for the market.

One hundred and thirty five boys and girls entered the Growth Work Contest. Seventy eight were 5 pointers. Twenty

six improved their posture, 67 had dental corrections and 109 improved their Food habits. The 4-H Council sponsored a County Health Contest with 435 grammar school children. A 4-H Club member in each school room was selected as captain to take charge of the Food Score Sheets given to each child. Talks on health and daily food requirements were given to the children by the agent and leaders. The teachers weighed the children at the beginning of the contest and again at the end to determine the gain in weight. The Health chairman in each room checked the Food Scores each day to see that they were being kept properly. The children kept the scores two and three months. Prizes were given to the room making the highest score. A very marked improvement was noted in the children's food habits. The parents were very much concerned in securing the foods which the Food Sheet called for to provide a proper diet. Hot lunches were served during the cold months.

There are not many activities for the children in this county. The 4-H Clubs held 26 socials during the year. The older club members sponsored two county socials during the year. The clubs raised \$85.50 during the year. The money was raised by having Bingo Parties. Two groups served the

Ruritan Club. This furnished entertainment as well as giving the girls good experience in planning, preparing and serving food to large groups. The Goochland Senior 4-H Club prepared an original black face comedy and called it the "Chocolate Drops" and presented it on the program in connection with the "Womanless Wedding". The various groups held picnics, Christmas Parties and teas as a part of their major work. The big activity of the year was the Thanksgiving Dinner for the 4-H members given by the Council.

The Crozier Senior Club is the best club in the county. This group is composed of 17 girls. All their meetings are held out of school. These girls come from three different 4-H Clubs in schools. They reorganized their group in March and all came on the school bus to one girl's home and met for their meetings after school. They have held 12 meetings since reorganizing. Their attendance has been 95%. All the girls completed their project. They have held three socials. They helped another 4-H Club serve the Ruritan Club while the Agent was attending a 4-H Camp. They planned, prepared and served a buffet supper to 20 girls. Two of their girls won first in the County Canning Contests. They sent two delegates to Blacksburg and one member to 4-H Club Camp at Jamestown.

Six members had exhibits of flowers at the Spring Flower Show. This Club has one leader.

We have 11 4-H Club leaders for the 4-H Club program. Four leader training meetings have been held with a total attendance of 26. We hope that the leaders will work more willingly for the clubs as they are being organized out of school.

The 4-H Camp at Jamestown holds many good times in store for Goochland 4-H members. Seven boys, 12 girls, 2 leaders and 2 agents attended Jamestown 4-H Club Camp in July. This Camp was held over a week-end. The children enjoyed it very much. The leaders from Goochland assisted the Goochland Home Demonstration Agent in directing the music. The children entered into all sports and were very attentive during classes. The Goochland School Board furnished the bus to take the children to camp.

Eight girls, one boy, three All-Star boys and one agent attended State 4-H Club Short Course held in Blacksburg. One of our Five 4-H Club girls won first place in the Correct Dress Contest for the School Outfit. The Goochland County Health Champion for girls was given honorable mention for having perfect teeth. One girl was made an All Star.

Selection Day for the 4-H Clubs was held in conjunction with the Farm Bureau Picnic on July 9th. The winners in the clubs were judged. There were five divisions for the Senior division of girls and three for the Juniors. The Senior winners were given trips to Blacksburg and a nice vanity was awarded the winners in the Junior division. A health champion for the girls was also awarded a trip to Blacksburg.

The 4-H Achievement Day was held on Saturday, November 20th, the children were brought to the Goochland High School in the School Buses. A program was rendered in the morning. The singing was led by one of the leaders. Special music provided by the 4-H Club members was enjoyed by those present. Reports of the year's work was rendered by several of the 4-H Club children. The main feature of the program was an educational picture on "Plant Growth" given by the Chilean Nitrate Soda Company. A Thanksgiving Luncheon was served to the 110 members attending. Program and menu of dinner may be seen at the end of the report.

The Recreational Work has been described under 4-H Club Activities.

There are three Junior Homemaker groups in the county. They have two groups of girls and one group with boys and girls. These groups meet once a month. The members plan the programs

with the help of the agent. The older girls elaborate on the program outlined for the 4-H Club girls. In addition to the Foods Work the principle topics used are "Book Reports", "Planning the Future Home", "The Hope Chest", "Good Grooming", "Etiquette for every Occasion", "Personality Development", "Health and How to Entertain".

This group held a reception for a bride one of its members. Sixty six people attended the reception. A big three tier wedding cake topped with a bride and groom formed the center piece for the table. Brides cake and punch was served to the guests. An orchestra was secured to play for a dance following the reception. The results of the project work have been reported under the 4-H Club Program.

VII. The progress made during the year shows that the women are making many improvements in their homes. It is very satisfying to note the way in which the Goochland people work together in accomplishing county-wide projects. The 4-H Club girls are beginning to believe that their meetings can be held out of school. They are taking much more interest in the work since the meetings are being held in their homes than they did while the work was carried on in the schools. We are reaching an older group and this is all very satisfying. We have had some very attractive programs for both the Junior and Adult groups.

VIII. The women will major in Home Management for 1938. The outline will include four topics under Project II. "The Homemaker a Buyer" Their county campaign will be on "Porches - the equipping of the porch to make it a comfortable place to live" will be the main point stressed. Citizenship and Legislation were chosen for special study as a minor project from the State Federation Goals. A tour of interest in connection with the women's work will be made in April.

The 4-H members will major in second year Foods - "Hospitality and Family Fun Occasions" They will hold all their meetings in their homes. The work is planned to meet the needs of the community. They will minor in "Flower Culture", "Clothing" and "Citizenship". The 4-H Clubs will hold a Junior Flower Show. They plan to hold their Achievement Program in the form of a banquet.

SCORE SHEET

"PORCHES—ATTRACTIVE AND COMFORTABLE"

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

|                        |                      |                   |      |      |      |
|------------------------|----------------------|-------------------|------|------|------|
| Condition at beginning | Porches              | Improvements made |      |      |      |
|                        | Front Side Side Back | Front             | Side | Side | Back |

|         |  |  |  |  |  |  |  |  |  |
|---------|--|--|--|--|--|--|--|--|--|
| Roof    |  |  |  |  |  |  |  |  |  |
| Floor   |  |  |  |  |  |  |  |  |  |
| Steps   |  |  |  |  |  |  |  |  |  |
| Railing |  |  |  |  |  |  |  |  |  |

Screening by use of

|         |  |  |  |  |  |  |  |  |  |
|---------|--|--|--|--|--|--|--|--|--|
| Wire    |  |  |  |  |  |  |  |  |  |
| Vines   |  |  |  |  |  |  |  |  |  |
| Awnings |  |  |  |  |  |  |  |  |  |
| Blinds  |  |  |  |  |  |  |  |  |  |
| Lattice |  |  |  |  |  |  |  |  |  |

Under pinning by use of

|         |  |  |  |  |  |  |  |  |  |
|---------|--|--|--|--|--|--|--|--|--|
| Lattice |  |  |  |  |  |  |  |  |  |
| Shrubs  |  |  |  |  |  |  |  |  |  |
| Plank   |  |  |  |  |  |  |  |  |  |

Porch boxes

|              |  |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|--|
| Number       |  |  |  |  |  |  |  |  |  |
| Type         |  |  |  |  |  |  |  |  |  |
| Kind Flowers |  |  |  |  |  |  |  |  |  |

Furniture

|                |  |  |  |  |  |  |  |  |  |
|----------------|--|--|--|--|--|--|--|--|--|
| Number gliders |  |  |  |  |  |  |  |  |  |
| " chairs       |  |  |  |  |  |  |  |  |  |
| " swings       |  |  |  |  |  |  |  |  |  |
| " tables       |  |  |  |  |  |  |  |  |  |
| " stools       |  |  |  |  |  |  |  |  |  |
| " cushions     |  |  |  |  |  |  |  |  |  |
| Flower stands  |  |  |  |  |  |  |  |  |  |
| No. others     |  |  |  |  |  |  |  |  |  |

Number new porches built \_\_\_\_\_ Describe \_\_\_\_\_

## Art in Food Preparation Home Dems Project Plan

Miss Clara Austin, Goochland Co. Home Demonstration Agent, has announced the Major Project for the county women during the coming month. The subject for January was Meat Substitutes that Satisfy. Miss Austin says:

When meats are high or during Lenten season, we frequently are on the outlook for nutritious and satisfying "substitutes" for this main dish. Nutritionally speaking, these alternate dishes are seldom an exact duplicate in every respect. We usually mean a protein substitute, such as cheese, eggs, or fish dishes, though beans and nuts may also be used. One important point to remember is that the substitute has to be even more attractive than the thing it represents, to really receive acclaim. It is like wearing your best looking dress the days you feel worst in an effort to "make up" for the deficiency. Whenever you "substitute," be sure that flavor and appearance, both, make the dish really "satisfying."

These are favorite recipes with the Goochland County women:

### CHEESE FLUFF

Trim crusts from six slices bread and lay three slices in bottom of a buttered baking dish. Fit them to cover entire surface. Cover with 1 cup grated cheese, then remaining slices of bread. Beat 2 eggs, 1 1-2 cups milk, 2 tablespoons melted butter and seasonings, and pour this over bread and cheese mixture, letting it soak into bread so all milk is absorbed. Bake in moderate oven 30 to 40 minutes, until custard is set and bread is puffed up and brown. Makes 4 to 6 servings.

### TUNA FISH TURNOVER

Make a pastry dough as for pie. Roll out and cut in 6" circles. Mix tuna fish with 1 teaspoonful grated onion, chopped parsley and chopped celery. Heat in frying pan with butter and milk or cream to soften. Add a tablespoon of this mixture to the pastry and fold over, pressing edges down together. Bake in hot oven.

### MEATLESS CHOP SUEY

Brown one cup chopped onions, one cup chopped celery, and one cup chopped green pepper or carrots in 1-4 cup fat; add one cup water, 2 tablespoons flour, and one tablespoon soy sauce (Worcestershire may be substituted). Just before serving, add 1-2 cup chopped nuts (not peanuts). Serve on rice or fried noodles.

## WHEN YOU BAKE THE CAKE

By Miss Clara Austin

The Art and Science of It. Years ago it was thought that a woman who could make light, fluffy delicious cakes possessed some unusual gift or talent. Now so much has been said about the art of cake baking that only light, tender, delicious ones should ever come forth. Yet sugary icing and coarse grained, tough cakes sometimes see the light of day, even yet. There are only three things that can effect the cake—(1) ingredients used; (2) method of mixing; (3) baking properly. Ingredients, of course, must be well selected, but they must always be measured accurately and level.

In mixing batter cakes, cream fat and sugar well. It is worth whatever effort it takes. Of course, if fat is first softened, it is easier. If eggs are separated, the cake is always lighter.

### Difficulties In Cake Making And Their Causes

Cracks and uneven surfaces are caused by too much flour or too hot an oven.

A dry cake, that is, a fresh cake that seems dry or bready inside, may be caused by too much flour, too little fat, too little liquid or by the kind of sugar used. Powdered sugar gives a dryer cake than granulated sugar.

A heavy, sticky crust is caused by an excess of sugar.

A macaroon crust is caused by too much sugar or too slow baking.

Coarse-grained cakes are caused by insufficient mixing, too slow baking, too much baking powder, or too much fat.

Falling is caused by insufficient flour, too much fat, underbaking, or opening or jarring the oven early in the baking period.

An uneven color is caused by too fast baking, or insufficient mixing.

### DELICIOUS WHITE CAKE

1-2 cup shortening; 1 1-2 cups sugar; 2 1-4 cups cake flour; 4 tsp. baking powder; 1 cup milk; 1-2 tsp. salt; 1 tsp. lemon extract; 1-2 tsp. Almond extract; 5 egg whites.

Cream shortening, and add the sugar gradually, and cream thoroughly; sift flour and measure, add baking powder and salt; resift; measure milk and add flavoring. Add alternately with the flour. Stir in egg whites which have been beaten until stiff but not dry. Pour into well greased and floured cake pans and bake 30 or 35 minutes in a moderate oven (350 deg. F.). Use two deep round 8 inch layer pans.

### CHOCOLATE CAKE DELUXE

3-4 cup shortening; 1 1-2 cups sugar; 3 eggs; 2 1-4 cups cake flour; 3 1-2 tsp. baking powder; 1-2 tsp. salt; 1 cup milk; 3 sq. chocolate (3 ounces); 1 tsp. Vanilla.

Cream shortening; add sugar gradually and cream thoroughly; add well beaten egg yolks; sift flour once before measuring; sift flour, baking powder and salt together, and add to the creamed mixture alternately with the milk; blend in the melted chocolate and vanilla; fold in the beaten egg whites; pour into well greased and floured cake pans and bake 35 minutes in a moderate oven (350 deg. F.). Use two deep round 8 inch layer pans.

### COMFORT FROSTING

1 1-2 cups sugar; 1-4 cup corn syrup; 1-4 tsp. salt; 2 egg whites; 3-4 cup cold water; add vanilla.

Cook sugar, syrup and water and salt to 244 deg. F. Beat egg whites until stiff and pour hot syrup slowly over egg whites, beating vigorously. Add vanilla and beat until the frosting will hold its shape and not run off the cake. Ice the sides first, then the top.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

EXTENSION SERVICE  
COUNTY AGENT WORK

Goochland, Virginia  
March 23, 1937

Dear Home Demonstration Women:

The Easter District Federation of Home Demonstration Clubs will meet in Westhampton High School, Tuesday, March 30, 1937. The program will be called to order by Mrs. Edna K. Cottrell, president of the Eastern District, at 10 A. M. and the meeting will close at 5:30 P. M.

The main speaker will be Dr. Ada Hart Arlitt, from the University of Cincinnati. Her topic will be "Some Problems of the Modern Family". At the afternoon session the women will divide into four groups and discuss "Home and Highway Development", "Libraries", "Youth Problems" and "Family Life". There will be a discussion leader for each group. Please see me at noon time and I will make your assignment to which group you shall attend. Mrs. Ben Wiles, president of the State Federation and Miss Maude Wallace, will also make short addresses.

"Our 1936 Activities" will be given in the form of a Panel group discussion by a report from each county. This program will offer new ideas for the home life.

Lunch will be served by the Westhampton P. T. A. from 12:15 to 1:15. I am anxious to know how many women are planning to go. Please write on the enclosed piece of paper whether you plan to attend and if you intend to eat lunch with the Westhampton P. T. A. Use the enclosed self addressed envelope which requires no postage to this letter.

With best wishes, I am

Most sincerely,

*Clara Austin*

Clara Austin  
Co. Home Dem. Agent

CA:R



### HOME DEMONSTRATION LEADERS AT MEETING

Shown at yesterday's meeting of the Eastern Virginia District, Federation of Home Demonstration Clubs, are, left to right, Miss Sylvia Slocum, home demonstration agent of Eastern Virginia District; Mrs. Edna K. Cottrell, district vice-president; Mrs. Benjamin Wailes, president of the State Federation of Home Demonstration Club, and Miss Maude Wallace, assistant director in charge of home demonstration work.—Staff Photo.



Eastern Virginia District  
State Federation  
of  
Home Demonstration Clubs

Westhampton School  
Henrico County

**PROGRAM**

**EASTERN VIRGINIA DISTRICT  
STATE FEDERATION OF HOME DEMONSTRATION CLUBS**

Westhampton High School  
Henrico County  
March 30, 1937

10:00 Meeting called to order Mrs. Edna K. Cottrell  
Invocation Dr. L. H. Walton  
Song America, the Beautiful  
Creed  
Report of Secretary  
Old Business  
New Business  
Address Miss Maude E. Wallace  
\*Special Music - - Henrico Home Demonstration Chorus  
\*Some Problems of the Modern Family\*  
Dr. Ada H. Arlitt, University Cincinnati  
Roll call by Counties  
Adjourn for Lunch

**2:15 AFTERNOON SESSION,**

**DISCUSSION GROUPS.**

|                              |                                   |
|------------------------------|-----------------------------------|
| Home & Highway Development   | Mrs. Janet Stuart Durham, Leader  |
| Libraries                    | Mrs. Ben Wailes, Leader           |
| Youth Problems               | Miss Hallie Hughes, Leader        |
| Family Life                  | Dr. Ada H. Arlitt, Leader         |
| Report of Findings Committee |                                   |
| President's Address          | Mrs. Ben Wailes, Sweet Briar, Va. |

**"OUR 1936 ACTIVITIES"**

|              |                |
|--------------|----------------|
| Accomac      | Henrico        |
| Amelia       | James City     |
| Brunswick    | King and Queen |
| Charles City | King William   |
| Chesterfield | Manassamond    |
| Dinwiddie    | New Kent       |
| Essex        | Norfolk        |
| Goochland    | Powhatan       |

Report of Courtesy Committee

**ADJOURNMENT**

**COOPERATIVE EXTENSION WORK**  
**IN**  
**AGRICULTURE AND HOME ECONOMICS**  
**STATE OF VIRGINIA**

VIRGINIA AGRICULTURAL AND MECHANICAL  
 COLLEGE AND POLYTECHNIC INSTITUTE  
 AND UNITED STATES DEPARTMENT OF  
 AGRICULTURE, COOPERATING

**EXTENSION SERVICE  
 COUNTY AGENT WORK**

*Bound for*

*CHARLOTTESVILLE*



*Thursday  
 APRIL 22nd*

Dear Tourists:

The tour to Charlottesville has been carefully planned to include the most interesting places in that section of the State. The drive to and from these places is very scenic and we trust you will make an effort to take advantage of the arrangements made for you by the special committee, Mrs. Hattie Grubbs, Mrs. Cassie Burruss and Miss Clara Austin, appointed by the Advisory Board.

We have chartered a Bus from Richmond which will carry 40 passengers at \$1.25 each for the round-trip. If you care to have a reservation on this bus, please notify me at once and tell at which stop you will be. No difference in price will be made to those riding the shortest distance. If you care to make reservation by telephone call, Mrs. Edna K. Jottrell at the School Board Office, Manakin 266. To be sure you will have a seat reserved make your reservation at once. Those driving private cars, meet the bus at one of the stops.

The Bus will leave the Greyhound Bus terminal, Richmond at 8:00 A. M. the schedule follows:

- |  |                                   |
|--|-----------------------------------|
| Manakin - - - - - 8:30                               | Sandy Hook - - - - - 9:30         |
| Duck Inn - - - - - 8:40                              | Farrish's Store-Gum Spring - 9:45 |
| Crozier - - - - - 8:50                               | McGhee's Service Station - -10:00 |
| State Farm - - - 9:00                                | 3 Chopt Road                      |
| Goochland - - - - 9:15                               | Shannon Hill - - - - - -10:20     |
| First stop University of Virginia - - - - - 11:15    | Madison Hall - - - - -            |
| Fry's Springs - - - - - Lunch - - - - - 1:00 to 2:00 |                                   |

Groups will divide and go to Monticello, home of Thomas Jefferson, and Ash Lawn, home of James Monroe. These are two of the most outstanding homes in the History of Virginia. Regular admission price .50¢ each, since this is an educational tour, we will be admitted for .25¢ at each home. We will arrange for you to go to one or both at you choose. Each club or individual will carry a picnic lunch. Drinks will be sold at Fry's Springs.

The lucky number for the Silk Quilt will be drawn at lunch time.  
 With best wishes, I am

Most sincerely,  
*Clara Austin*  
 County Home Demonstration Agent

Goochland County Women  
go on Tour to  
Charlottesville



Seventy Two People  
Visited  
University of Virginia,  
Ashlawn and Monticello.



## Womanless Wedding !!

Sponsored by RunTan Club & A.D. Clubs  
Proceeds will be used to equip Home Ec Kitchen  
Goochland High School

Friday, April 30<sup>th</sup> 8 o'clock

A group of songs will be rendered by  
The Lawrence Wileys from New York  
Minstrel show --- special chorus

Adults 25¢  
Children 15¢





Womanless Wedding

April 30<sup>th</sup> '37.

PROGRAMME

Part I

Goochland Chocolate Drops - - - - - High School Students

Part II

Special Music - - - - - Little Miss Carol Wiley

Part III

"Womanless Wedding" - - - - - Ruritan Club Members

Arrival of families and guests

Special Nuptial Music

Bridal Party

Part IV

Group of Songs - - - - - Home Demonstration Chorus

Directed by Mrs. Ira Cottrell

Part V

Auditions - - - - - Mr. P. A. L. Smith, Stage Director

An Opera Aspiration - - - - - Miss Mary Clarke

Scene from "Naughty Marietta"

Jeanette MacDonald  
Nelson Eddy

Part VI

Selected Songs - - - - - Mr. and Mrs. Lawrence Wiley

\*\*\*\*\*

Chairman of program - - - - - Miss Clara Austin

Sponsored by Goochland Ruritan and Home Demonstration Clubs.  
Proceeds will be used to equip High School Home Economics Kitchen.

\*\*\*\*\*

*Womanless Wedding*

*April 30<sup>th</sup> '37.*



SPRING FLOWER SHOW

Goochland Hi. School, May 19<sup>th</sup> 1937

Cooperative Extension Work in Agriculture and Home Economics  
State of Virginia, Va. A. & M. College & Poly. Inst. & U.S.D.A. Cooperating  
Extension Service

Goochland County Spring Flower Show - Sponsored by Home Demonstration Advisory  
Board. Wednesday, May 19, 1937 - - - - - 2 P. M. - Goochland HI School.

RULES AND REGULATIONS

1. All entries will close at noon - - - 12 - -.
2. All entries must be labeled or named if possible.
3. Everyone in the county raising flowers is invited to enter them.
4. Only one entry in each class will be allowed an individual.
5. All flowers not entered with the chairman of entries, and with the containers numbered, will be thrown out.
6. Single entries must be in coca-cola bottles furnished by the Advisory Board.
7. Collections of flowers in fruit jars furnished by the contestant.
8. In a class where there is but one entry, the judge shall decide whether it shall be given first, second, or third prize.
9. Class prizes will be given in each class but no sweepstake this year.
10. Children's Exhibit--Flowers must be raised by children 6 to 14 years old.

\*\*\*\*\*

- A. ROSES - - - - - Mrs. Ira Cottrell, Chairman
1. Best single: a. white; b. red; c. pink; d. yellow; e. cream; f. any other
  2. Best exhibit of four roses of any one kind and color. col.
  3. Best collection of four roses of different colors.
  4. Best collection of climbing roses.
  5. Best spray of climbing roses.
- B. PEONIES - - - - - Mrs. Harry Briesmaster, Chairman
1. Best single specimen: a. white; b. red; c. pink; d. variegated
  2. Best collection of peonies of different colors to include 3 blooms
  3. Best collection of peonies of one color to contain 3 blooms.
- C. POPPIES, COLUMBINE, SWEET PEAS AND PANSIES - - - Mrs. Kenneth Henley, Chairman  
Mrs. Cassie Burruss Assisting
1. Sweet Peas: a. Best bouquet of single color; b. Best bouquet of mixed colors
  2. Pansies; a. Best collection of pansies, any color
  3. Poppies: a. Oriental; (1. Best single; 2. Best collection) b. California: Best collection; C. Shirley: Best collection; d. Cabbage: Best collection
  4. Columbine: Best collection of columbine, any color
- D. IRIS - - - - - Miss Winifred Moore, Chairman
1. Best single stalk: a. purple; b. white; c. yellow; d. bronze; e. pink, f. blue
  2. Best collection of iris of different colors, to contain four stalks
  3. Best collection of iris of one color, to contain four stalks
- E. COLLECTION OF FLOWERS - - - - - Mrs. Mabel Parrish, Chairman
1. Wild Flowers: a. Best collection
  2. Garden Flowers: a. Best collection to contain not over 17 varieties and no flowering shrubs.
- F. ARTISTIC ARRANGEMENT - - - - - Mrs. Paul Blandford, Chairman
1. Basket; 2. Pottery; 3. Glass; 4. Metal; 5. Container of Flowers for Breakfast Table; 6. Miniature Arrangement in suitable Container.
- G. CORSAGES - - - - - Mrs. Frances Gordon, Chairman
1. Best shoulder corsage; 2. Best old-fashioned nosegay.
- H. CHILDREN'S EXHIBIT - - - - - Mrs. Delle Allen, Chairman
1. All children from 6 to 14 may enter flowers which they have raised themselves, except for artistic arrangement, -may use other flowers for that entry.
  2. Best collection of:  
a. Pansies; b. Poppies; c. Best potted plant; d. Best collection wild flowers;  
e. Best selection of flowers for artistic arrangement; f. Best corsage;  
g. Nosegay.

\*\*\*\*\*

BRING YOUR FLOWERS--TELL YOUR FRIENDS-- BRING THEM AND THEIR FLOWERS  
Wednesday, May 19th

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF VIRGINIA

Goochland, Virginia  
June 16, 1937

EXTENSION SERVICE  
COUNTY AGENT WORK

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

Dear 4-H Club Girls:

The Goochland 4-H Club members will go to 4-H Club Camp on Saturday, July 10th and return Thursday, July 15th. The cost to go to camp will be \$6.50 which will include your board, room, bus fare and handicraft work. The Council will not give any free trips to Jamestown. In case your club has some money, it will be divided among the members attending camp from your group.

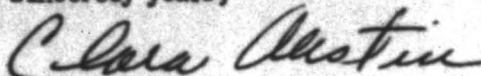
You will need to carry the following to camp: Bathing suit—cotton dresses—1 double or 2 single sheets—pillow—blanket—towel and soap. If you have a musical instrument be sure and take it with you. Shorts are to be worn only during the recreational periods.

If there are any questions, please write me in time so that I can give you the desired information. I am enclosing a self addressed envelope which requires no stamp for you to use when writing to me.

Any girl who will be 12 by November 1st of this year may go to camp this summer. If you are interested in going to camp, notify me by JULY 1st.

With best wishes, I am

Sincerely yours,



Clara Austin  
Co. Home Demonstration Agent

CA:R

**COOPERATIVE EXTENSION WORK**  
**IN**  
**AGRICULTURE AND HOME ECONOMICS**  
**STATE OF VIRGINIA**

VIRGINIA AGRICULTURAL AND MECHANICAL  
 COLLEGE AND POLYTECHNIC INSTITUTE  
 AND UNITED STATES DEPARTMENT OF  
 AGRICULTURE, COOPERATING

**EXTENSION SERVICE**

Goochland, Virginia  
 July 16, 1937

Dear Home Demonstration Members:

On Thursday afternoon, July 22nd, beginning at 3 o'clock at Goochland High School, the Correct Dress Contest will be held for women.

Requirements: All clothing worn must be selected by the entrant, including foundation garment, underwear, hat, shoes, purse, or any other accessories. You may select a dress for church or home and the dress should be classified according to these divisions:

- Divisions: A - Dress selected, made and modeled by the entrant.  
 B - Dress selected, ready-made or material selected and made by dressmaker for entrant.

Participants entering Contests will present an itemized statement of the cost of the entire outfit. Here is a model:

| NAME                                       | CLUB   | ADDRESS  |
|--|--|----------|
| Division                                   | Dress  |          |
| Dress                                      | _____ yds. material @ _____ yd. (or cost of ready-made) \$ |          |
| Shoes                                      | _____  |          |
| Hose                                       | _____  |          |
| Hat  | _____  |          |
| Foundation garment                         | _____  |          |
| Slip (made or bought)                      | _____  |          |
| Other underwear - itemize (made or bought) | _____  |          |
| Total cost                                 |  | \$ _____ |

In addition to the Dress Contest we have the REMODELING CONTEST which is now this year and is open to all. Any one may enter. The garment modeled, (or exhibited if for a different member of the family) must have had its structural lines changed, involving the ripping and recutting, combination of materials, or cutting down for a smaller member of the family. It should involve more than merely freshening the trim, or changing the length of skirt or sleeve line.

The entrants card should show: Name \_\_\_\_\_ Club \_\_\_\_\_ Address \_\_\_\_\_  
 Designed for \_\_\_\_\_ wear. (Occasion) An itemized cost of remodeling the garment, with a brief description of what was done and the amount of time consumed, should accompany the garment.

Winners in each Contest will be expected to enter the State Contest at Blacksburg.

Sincerely yours,

*Clara Austin*

County Home Demonstration Agent

COOPERATIVE EXTENSION WORK  
-IN-  
AGRICULTURE AND HOME ECONOMICS  
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

Goochland, Virginia  
July 20, 1937

EXTENSION SERVICE  
COUNTY AGENT WORK

Dear Home Demonstration Member:

May I call your attention once more to Adult Camp?

Where? Jamestown 4-H Club Camp.  
When? August 4-9, 1937  
What? An educational program with the following participants  
has been worked out: Mrs. Ella Funk Myers will discuss  
flower culture; Mr. E. T. Swink will take up Rural  
Electrification; Mrs. Harriett Zehmer will conduct a  
music hour; Mrs. C. L. Crutchfield will help with  
the recreation; Mr. and Mrs. James Durham will conduct  
a series of book reviews.

In addition there will be other features.

Who? All the tired home makers and farmers of Eastern Virginia.

Cost - One dollar (\$1.00) per day, plus fifty cents registration  
for the time. There will only be 25¢ registration for  
the week end. Single meals 50¢ each.

As you probably already know, the camp is in very good condition  
this year. We have recently installed electricity built one new  
cottage and two outdoor assembly rooms.

Somehow, I think Adult Camp should reach more people than it has  
recently. It has such grand vacation features.

Please notify the president of your home demonstration if you can  
attend Adult Camp. I am hoping that we will have a good attendance  
from Goochland at Camp this year.

Sincerely,

*Clara Austin*

Home Demonstration Agent

CA:R

On Friday, July 23rd, I will give a 15 minute talk on the "Farm  
and Home Hour Program" over W. R. V. A. between 12:30 and 1:30.  
Tune in and hear about your county.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS

STATE OF VIRGINIA  
Goochland, Virginia  
September 22, 1937

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

EXTENSION SERVICE  
COUNTY AGENT WORK

Dear Home Demonstration Club Members:

I have mailed your canning budgets including the amount to can to the president of your club. In case your name was missed by over-sight will you notify me to this effect.

Please fill in the amount of food you have canned and bring an exhibit to your next meeting.

BALL EXHIBIT

1 fruit and 1 jar of non acid vegetable (Tomatoes cannot be used in this exhibit)

KERR EXHIBIT

1 jar meat or chicken and 1 jar tomatoes or tomato juice

Quart jars show off to the best advantage, however, select the best quality regardless of the size of jar. Fancy packs are not given preference over the utility pack. A firm product with the bright natural color is considered the best quality.

Remember that the greater number of exhibitors we have in the Ball Contest, the more money we will be given for the Advisory Board. Last year the Advisory Board was given \$5.00 for having 25 or more exhibitors. If we can have 40 or more exhibitors in the county, we will receive \$10.00. Bring your exhibits regardless of the number you have canned or the condition of the quality. The Canning Contests will be held at your October Club Meeting. Don't fail to bring your exhibit and budget card.

HAVE YOU A RADIO ? ? ? ?

Tune in on WRVA, Friday, September 24th at 1:15 P.M., the Virginia Farm and Home Hour and hear my talk on "Health!"

Sincerely yours,

*Clara Austin*

Clara Austin  
County Home Demonstration Agent

CA:R

GOAL

Every rural woman pay her poll tax, register and vote.  
What I should know in order to vote:

I, \_\_\_\_\_ live in \_\_\_\_\_ (city or county),  
in the \_\_\_\_\_ Senatorial District, the \_\_\_\_\_  
Congressional District, in the State of Virginia. I live in  
\_\_\_\_\_ precinct, in \_\_\_\_\_ Magisterial District  
and vote at \_\_\_\_\_.

To be qualified for voting I must be twenty-one (21) years of age, a resident of state one (1) year, of county, city or town six (6) months, and of the precinct in which I vote thirty (30) days before election; must have paid six (6) months before hand state poll tax for three (3) years preceding; must have registered with the Registrar at least thirty (30) days before election. If married, register as "Mary Jane Smith", not "Mrs. John Smith".

A copy of Virginia Election Laws, and copy of the Constitution of Virginia, may be secured free by writing to the Secretary of the Commonwealth, State Capitol Building, Richmond, Va.

Primary elections are held by the Democratic Party the first Tuesday in August. Conventions are held by the Republican Party. The nominees of all parties are voted on in the election held Tuesday after the first Monday in November.

The State Capitation or Poll Tax is \$1.50 per year. It is levied on every resident of the State not less than twenty-one (21) years of age, except those pensioned by this State for military services; one dollar of which shall be applied exclusively in aid of public free schools and the residue shall be returned and paid into the Treasury of the County or City in which it was collected.

Miss CLARA AUSTIN  
Home Demonstration Agent  
GOOCHLAND, VA.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND VIRGINIA STATE DEPARTMENT OF  
AGRICULTURE, COOPERATING

EXTENSION SERVICE

Goochland, Virginia  
October 13, 1937

Dear Home Demonstration Members:

The Achievement Banquet will be held on Friday, October 22nd, at "Tanglewood" (1 mile west of State Farm) at 6 P. M. Dr. Pinchbeck from the University of Richmond will speak on "Citizenship". Miss Janet Cameron, Food and Nutrition Specialist, will give a talk on "Food and Brains". A very attractive music program has been arranged.

Be sure and make an effort to come and bring your husband and friends. Every one is invited. Please buy your tickets this week.

NOTICE

I have just received a check for \$5.00 from the Wheat Institute of Chicago to give as prizes for a Biscuit Contest. Please bring 6 biscuits to the banquet and enter the contest. The money will be awarded that night.

We must have 20 or more women enter this Contest. Notify me if you plan to enter. I will send you detail information about the contest Monday.

Please use the enclosed envelope and return your canning budget filled in. If you have not held your contest—turn it in with your exhibit.

With best wishes, I am

Sincerely yours,

*Clara Austin*  
Home Demonstration Agent

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF VIRGINIA

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

EXTENSION SERVICE  
COUNTY AGENT WORK

Goochland, Virginia  
October 13, 1937

Dear Ruritan Members:

The Home Demonstration Members will hold their  
Achievement program in the form of a banquet at

"TANGLEWOOD"  
Friday Night—Oct. 22nd—at 6 P. M.

Dr. Finchbeck will be the main speaker. Miss  
Janet Cameron, Food Specialist from Blacksburg will also be on  
the program. An attractive music program has been arranged.  
Plans are being made to serve one hundred people.

We especially would like for you and your wife  
or friend to come and enjoy a program with us. The manager of  
"Tanglewood" will serve us a three-course dinner at .50¢ a  
plate. Please use the enclosed envelope ( which requires no  
stamp) to make your reservation.

Looking forward to seeing you at the banquet,

I am

Sincerely yours,

*Clara Austin*

Clara Austin  
County Home Demonstration Agent

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS

GEO. H. HANE, OF ILLINOIS

October 18, 1937

VIRGINIA AGRICULTURAL AND MECHANICAL  
COLLEGE AND POLYTECHNIC INSTITUTE  
AND UNITED STATES DEPARTMENT OF  
AGRICULTURE, COOPERATING

EXTENSION SERVICE  
COUNTY AGENT WORK

Dear Home Demonstration Members:

In Re: "Biscuit Contest"

We are holding a "Biscuit Contest" at our Achievement Banquet at "Tanglewood" on Friday Night. I hope that we will have a large number of you to enter this contest. The requirements are: Use sour milk--any flour and baking powder you like and bring four biscuits. So your favorite biscuit recipe using sour milk will be the one to use.

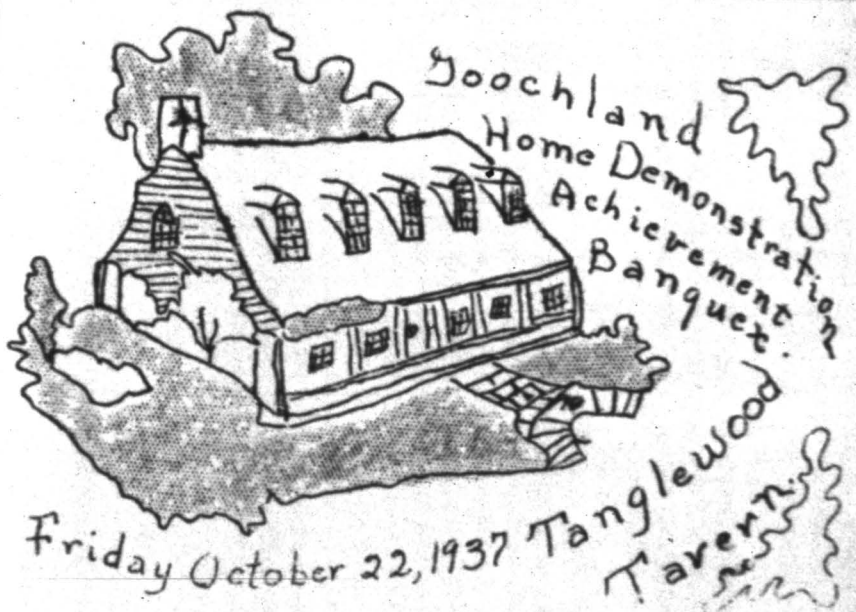
Mrs. Dale Allen will be in charge of the Biscuit Contest. During supper the Biscuits will be judged and money prizes awarded to the winners at the end of the program. We have \$5.00 given us by the Wheat Institute of Chicago to give as prizes for this contest.

Please remember that the H. D. Achievement Banquet will be held at "Tanglewood" on Friday Night, October 22nd, 6:00 P. M. You still have time to make your reservation for that night. The tickets are .50¢ each and may be obtained from a member of your club or the Home Demonstration Agent. I hope you will make every effort to come and bring your friends. Every one is invited.

I'll be looking for you Friday Night.

Sincerely yours,

*Clara Austin*  
County Home Demonstration Agent



Goochland  
Home Demonstration  
Achievement  
Banquet.

Friday October 22, 1937 Tanglewood  
Tavern

PROGRAM

|                         |                                   |
|-------------------------|-----------------------------------|
| Opening                 | "Old Virginia                     |
| Address of Welcome      | Mrs. W. B. Gordon                 |
| "Food and Brains"       | Miss Janet Cameron                |
| Special Quartet         | Crosier H. D. Club                |
| Report on Major Project | Mrs. Hattie Grubbs                |
| Report on Minor Project | Mrs. E. H. Daves                  |
| Special Music           | Mr. & Mrs. Lawrence Wiloy         |
| Tour and Trips          | Mrs. Edna K. Cottrell             |
| Special Music           | Mrs. Ben Bradshaw & Children      |
| Community Activities    | Mrs. Ben Furrish                  |
| Song                    | "In the Evening by the Moonlight" |
| "Citizenship"           | Dr. Raymond E. Pinchbeck          |
| Cred                    |                                   |

VIRGINIA HOMEMAKERS CREED

As homemakers, we will strive to:

Have our organization foster the highest ideals in home, church, school and public life.

Have our home reach out in service to the communities and help unite the people.

Have cooperation and progress, the leading forces in our communities.

Study the best ways to do every day work that we may find joy in common tasks well done.

Be kind beyond standards of charity; avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest ideals of Christian life.



*It's time  
to sing!*



Goochland H. D. Achievement Banquet  
Friday Evening-October 22, 1937

"OLD VIRGINIA"

Tell me of a land that's fair with the smile of heaven there,  
Of a land that's e'er the dearest as I roam,  
Where the hills encircling rise, and blue mountains kiss the skies,  
Oh, that land is Old Virginia, and my home.  
Tell me of a land where glows, love's first blush upon the rose,  
Where the lily springs the whitest from the loam;  
Where the "Daughter of the Sky", and the James go rolling by  
Oh, that land is Old Virginia and my home.

CHORUS

Birth-land of story, home-land of glory  
Thousands of voices are singing to thee;  
With garlands fairest, with heart gems rarest,  
We crown Virginia, sweet land of the free.

"DOWN BY THE OLD MILL STREAM"

Down by the old mill stream, where I first met you,  
With your eyes of blue, dressed in gingham ~~gown~~, *too*  
It was there I knew that you loved me ~~too~~, *true*  
You were sixteen—my village queen,  
Down by the old mill stream.

"IN THE EVENING BY THE MOONLIGHT"

In the evening by the moonlight, you could hear those darkies singing;  
In the evening by the moonlight, you could hear those banjos ringing.  
How the old folks would enjoy it, they would sit all nite and listen,  
As we sang in the evening, by the moonlight.

\*\*\*\*\*



Goochland, Virginia  
November 12, 1937

Dear 4-H Club Members:

You are invited to attend the Thanksgiving Buffet Luncheon on Saturday, November 20th, at Goochland High School. A short program will be held in the auditorium from 11:00 A. M. until 12:30 P. M. The program will include music, a Talk on Thanksgiving, a few short reports, and probably an educational picture. The programs have not been completed. You will be given a souvenir program at the meeting. The Luncheon will be served at 12:30 o'clock.

We have arranged to have three school buses run on this day to bring you to the meeting. Each member will pay 10¢ to ride on the bus. In order that we will know how many to prepare for, I have enclosed a card for you to notify me by return mail if you want to attend. Be sure and sign your name. The card requires no stamp. Remember it is necessary to make your reservation at once. I have stated the time the buses will leave and the route to be traveled. Some of you will have to meet the bus on the highway. The schedule follows:

Mr. Nuckols leaves at home—9:15 A. M. Will stop at Centerville—Manakin-Duck Inn—Dover-Crozier-State Farm and Goochland. John Mitchel will leave home 9:15—

Stop at Cardwell—Oilville—East Leake—Gum Springs and Sandy Hook.

Buck Barruss leave home 8:45—Stop at Hadensville—Shannon Hill—Tabscott School—Community House—Pife.

CHILDREN DESIRING TO CATCH BUS ON HIGHWAY WILL

FLAG THE BUS.

Miss CLARA AUSTIN  
Home Demonstration Agent  
GOOCHLAND, VA.





### PROGRAM

Open 10:45 A. M.

Songs Morning Comes Early  
4-H Field Song  
My Trip to State Short Course  
Miriam Ware  
Report of Trip to Jamestown  
Billy Gathright  
Special Music Morrison Brothers  
Summary of 1937 4-H Project Work for  
Boys and Girls Annie Isabell  
Remarks on 4-H Family Activities Program  
for 1938 Miss Clara Austin  
Mr. C. D. Thomas  
"Plant Growth" Mr. John Watson  
Chilean Nitrate Soda Co.  
Recognition of Five Year Club Members

Luncheon will be served in the Home  
Economics Kitchen

Sing Grace

Story of Thanksgiving Flora Haden

4-H Club

Thanksgiving Menu

Turkey a-la-King Toast

Slaw Cranberry Sauce

Delicious Apples

Ice Cream Sandwiches

\* \* \* \*



### GOOCHLAND HOME DEMONSTRATION ACHIEVEMENT BANQUET HELD

One hundred and twenty-three people attended the Goochland Home Demonstration Achievement Banquet held at "Tanglewood Tavern" near Goochland Court House on Friday night, October 22nd. This banquet is an annual affair, and reports are given to show the work that has been accomplished during the year.

The beautiful dining room of "Tanglewood" was decorated with fall flowers and was lighted by candles. As the guests entered the dining room they were each given a favor made out of evergreens. Mr. A. W. Kay, Agriculture Instructor at Goochland High School, gave thanks for the food. The meal was prepared by Major T. T. Quick, proprietor of Tanglewood, and served by the 4-H girls and was a most delicious meal.

After the dinner Mrs. W. B. Gordon, president of the advisory Board, presided over the meeting. Miss Janet Cameron, Food and Nutrition Specialist, from V. F. L. gave a very interesting talk on "Food and Brains." The Crozier Home Demonstration Club Chorus sang the song "The World is Waiting for the Sunrise." Mrs. Hattie Grubbs gave a report on the Major Project. Mrs. E. H. Daves gave a report on the Minor Project. Several popular selections of music was given by Mr. and Mrs. Lawrence Wiley of New York. Mrs. Edna K. Gottrell, vice-president of the Eastern District Federation of Home Demonstration Clubs, gave a talk on "Tours and Trips." Ben and Anne Bradshaw, children of one of the Home Demonstration members, gave a guitar and solo selection. Mrs. Ben Parrish gave the report of the "Community Activities." Miss Miriam J. Williams, a Field Editor of the "Farmer's Wife Magazine" was our guest and gave a few remarks. The main speaker of the evening was

Dr. Raymond B. Finchbeck of the University of Richmond. His talk was very inspiring on the subject "Citizenship." After which the Virginia Homemakers Creed was read and the group dispersed.

A canning contest and biscuit contest were held in connection with the banquet. In the Kerr Canning Contest, Mrs. W. A. Bailey won first prize, one dozen Kerr jars; Mrs. O. L. Ligon won second prize, one dozen Kerr jars; and Mrs. G. C. Gathright won honorable mention. In the Ball Contest Mrs. O. L. Ligon won first, Mrs. Aubrey Johnson second, and Miss Winifred Moore third. The Advisory Board will be given \$10.00 for the Ball Contest.

In the Biscuit Contest, Mrs. K. G. Parker won first prize, \$2.50; Miss Bernice Rapaone won second, \$1.50; and Mrs. James Layne third, \$1.00.

The County Campaign Contest, "Porches—Comfortable and Attractive," was won by Mrs. Robert Haden with Mrs. George Hudgins second.

### ANNUAL 4-H ACHIEVEMENT PROGRAM HELD

One hundred and ten 4-H Club Boys and Girls met at the High School on Saturday, November 20th, for their Annual 4-H Achievement Program. An added feature was a buffet luncheon served by the 4-H Girls.

The program included interesting reports on various short courses and camps. Miriam Ware gave a report of the State 4-H Club Short Course. Eight 4-H Club members from the county attended this event, and a number of them made excellent showing in the various state contests. Miriam Ware was first winner in the School Dress Outfit. Nancy Bowles won honorable mention in the State Health Contest and was especially commended for having perfect teeth.

Billy Gathright discussed the Jamestown 4-H Club Camp which attracted a number of club members from the county last summer. His report was of great interest, dealing with the various features of camp life that added to the educational and recreational features. A summary of the 1937 4-H Project Work was given by Annie Isabell. Miss Clara Austin, Home Demonstration Agent, gave an outline of work with the girls for 1938. Mr. C. D. Thomas, County Agent, discussed Project Work and Other General Activities to be taken up with the boys next year. Miss Sylvia Slocum, District Agent, in a short address reminded those present of the value of "Friendship" and the many advantages that can be gained by having friends.

As recognition of five or more years membership in the 4-H Club, nineteen members were awarded attractive "Chevrons" carrying the 4-H Club Emblem.

As an added feature Mr. John Watson, showed an Educational Picture, that held the interest of all those present.

After completing the above program the club members and guests were served a buffet luncheon in the home economics kitchen. This meal was prepared by the 4-H girls under the supervision of the home demonstration agent, Miss Clara Austin. The menu consisted of turkey a-la-king, cranberry sauce, slaw, ice cream and fruit.

The dining room was attractively decorated with pumpkins, apples and leaves which reflected the characteristic colors that belong to Thanksgiving. The children were seated informally around the "Big Thanksgiving Table"; then Flora Haden gave a very attractive "Thanksgiving Story." The members sang grace and were then served buffet style.