

# Annual Report

## COUNTY EXTENSION WORK

Virginia Agricultural Extension Service



1955

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Augusta County  
county

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AUGUSTA COUNTY  
ANNUAL NARRATIVE REPORT  
OF  
HOME DEMONSTRATION AGENT  
1955

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AUGUSTA COUNTY

1955 HOME DEMONSTRATION AGENT'S NARRATIVE REPORT

Augusta County is the second largest county in Virginia. With two cities within its boundaries the urban population is very nearly equal to the county population according to the 1950 census figures. County population is divided between farm and rural non-farm residents with the latter exceeding by over 5000 persons. A preliminary report of the 1954 Agricultural census does not give population figures but it does show a decrease in the number and size of farms. When additional figures are released it will undoubtedly show a further increase in the rural non-farm population of the county due to the industrial development outside both of the city limits and also due to the new housing units which have been built during the latter part of 1954 and are still being built during 1955.

Up until the last few years most of the rural non-farm residents of the county have been employed in factories and plants within the cities of Waynesboro and Staunton. Industry had consisted mainly of furniture manufactured, textile mill products, apparel, construction and retail trades. During 1955, plants for the manufacture of air conditioning equipment, safety razor blades and related products and small electrical equipment have gone into active production. Most of the women up to now have been employed in either textile mills or small apparel factories. Now a number of women are employed in these new factories.

Home Demonstration work started in Augusta County thirty-seven years ago. The content of the program has changed with changing times. In the early years homemakers were interested in food preservation, food preparation and outdoor projects such as gardening and poultry raising. Home improvements in various parts of the home followed along in later years. Home management and clothing have been stressed at various times, being revived in the past few years.

During and since World War II the horizon of Augusta County homemakers has widened to include an even greater interest in community, state, and world affairs. Many outside activities together with an increasing demand on the time and resources in household activities makes the homemaker an important cog in the pattern of family living. Many homemakers have felt it necessary to seek employment outside the home in order to keep up with the rising cost of living and additional improvements they desire for their homes and the education of their children. Some rely on seasonal employment to add extra income at certain times during the year. Often several adults in the family are working different shifts. This disrupts family meal schedules and makes wise planning necessary to produce nutritious meals and get other homemaking jobs done.

Homemakers are very conscious of the need for time and energy management in order to enable them to participate in various and sundry community activities with an ever-increasing demand on their time and still be able to keep up with their home and family duties. Many homes have been improved and repaired in the past five years but some homes

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particularly farm homes, are without running water. Some homes need the addition of hot water facilities and toilet or bath or both. The majority of homes have electric service although some of the homes which were first wired need modernization and additions to their wiring to take care of the ever-increasing number of new appliances and uses made of electricity in the home and on the farm. Many new homes have been constructed and are still under construction on the out-skirts of urban areas and in areas near the new industrial developments.

Homemakers are interested in subjects that will assist them not only inside the home but outside their homes as evidenced by the subject matter included in 1956 home demonstration club program. It is hoped that this program can be of help to Augusta County homemakers in meeting the various problems with which they are faced.

A continuing interest on the part of urban homemakers in having help from the home demonstration agents was shown in 1955. Several homemakers called the agent about the possibility of new clubs within the urban areas. This problem was discussed with the Board of Supervisors at their June meeting. Their reaction was not to neglect the areas in the county needing help but left the agent free to help homemakers in urban areas insofar as time would permit which of course is limited due to the large county home demonstration and 4-H program.

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ADULT WORK

A. Project Work

1. Food and Nutrition - Foods topics were selected for major stress in the 1955 program of work.

a. The objectives were as follows: (1) To assist homemakers with suggestions for easier holiday entertainment and adjustment to the family desire for T. V. programs at mealtime or snacks for later evening consumption. (2) To assist homemakers with time-saving, economical meal-planning. (3) a. To teach homemakers how to better identify various cuts of meat not only for those who buy but for those who have home produced meat for preservation. b. To teach interested homemakers how to use the cheaper cuts of meats. (4) To encourage better family nutrition by teaching how to include more milk and milk products in the diet, also their use in simple desserts. (5) To bring homemakers with freezing facilities up-to-date information on freezing fruits, vegetables and meats. (6) To encourage weight reduction for homemakers who need to do so. (7) To assist Home Demonstration market sellers with marketing of surplus farm and home products.

B. Methods

1. Method demonstration - (a) Buffet and T. V. Meals - December 1954. This demonstration was given by leaders following a training meeting given by agents in November 1954. (b) "Quick Meals from the Pantry Shelf" - April 1955. This was given by leaders following a

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a training meeting given by the specialists assisted by the agents in March 1955. (c) Meat Cuts and Their Uses - May 1955. Information on cuts of meat was given at four district meetings held at Colonial Stores, <sup>Waynesboro</sup> Augusta County Coop Farm Bureau Store; Staunton, <sup>by</sup> Krogers; ~~Waynesboro~~ and at Churchville at Ashby's Frozen Food Market. Over 150 Home Demonstration Club members and guests attended these meetings. We had excellent cooperation from the meat departments of these stores. Charts, movies and the actual cutting of meat were used to show the various cuts and the section of the animal from which it was obtained. The Home Demonstration Clubs in the various sections of the county were notified which demonstration to attend so that seating arrangements could be made in advance. (d) "Uses of Dairy Products in Meals and Simple Desserts" - June 1955. This was given by leaders following a training meeting given in May by the agents assisted by the local VEPCO home economist and the Executive Secretary of the Dairy Council in this area.

2. Special Interest Activities - Freezing up-to-date - Late April or May 1955. Leaders were trained in March 1955 by specialists on up-to-date information on freezing. Meetings on a community basis where needed were suggested.

3. Result Demonstrations - Community TOPB clubs for members and non-members where needed.

4. County Home Demonstration Markets - Two home demonstration markets were continued at Staunton and Waynesboro being held regularly each

Saturday and special days before Easter, Thanksgiving and Christmas holidays.

5. Radio Broadcasts - Timely food information as to plentiful foods available, ways to use these foods and any other pertinent information tying in with monthly demonstrations was used on the Home Agents weekly broadcast over WTON.

6. Newspaper Articles - A bi-weekly column in the Waynesboro News-Virginian and from time to time on the Agricultural Page of the Staunton News-Leader was used not dealing with food and nutrition topics exclusively but as timely information could be included.

C. Results

(1) 280 Home Demonstration members reported serving 3747 Buffet or T. V. Meals. They tried 2764 recipes in these meals. (2) Members passed food information to others 2213 times. (3) 149 members reported that they learned to identify 575 cuts of meat or about 4 different cuts per person as the result of the area demonstrations. Time did not permit much help given on use of the cheaper cuts of meat. This will be continued in the 1956 program. (4) 326 members reported that they increased the use of milk and milk products in the family diet. Figures from the school lunch programs in the county show that consumption of milk per pupil was increased during 1955. Part of this was due to the addition of special milk dispensation tanks instead of delivery of the milk to schools in 1/2 pint bottles which allowed the milk to be colder when given to the children. (5) Interest in foods demonstrations was high all year.

Training meetings were attended by more clubs and leaders than any of the others held. (6) Much interest was expressed in the leader training meeting on freezing. However, only one community meeting was held by the Central Point Home Demonstration club. The leader distributed freezing bulletins to interested members and had a representative of the Waynesboro Locker Plant to give a demonstration. Members did report passing freezing information on to 1517 persons. 284 members report having home freezers, 151 members report having a freezer locker, 53 freezers and 16 lockers were reported as new during 1955. The agricultural census reports 424 farm homes with freezers in 1950 and 1,117 as of 1954, so there is a definite increase in this method of food preservation for farm families. The Home Demonstration Agent gave 2 Freezing Demonstrations at the Sears-Roebuck Order Store in July. (7) No community TCPS clubs were started during 1955 although there are still plenty of over-weight women who should do something about reducing their weight. Several broadcasts were given, one an interview with the foods specialist and several news articles were written on the importance of keeping weight down once you have lost it. (8) Condition of Home Demonstration markets - Two Home demonstration markets have continued to be held at Staunton and Waynesboro, being held regularly each Saturday and on the day before Thanksgiving and Christmas holidays. Waynesboro has had 3 regular sellers all year and a fourth person who has been unable to be regular on account of her health. The Staunton market has had 20 sellers during the year,

but 4 of this number have discontinued selling on the market and 2 others have been irregular in attendance due to illness. At the present time there are only 15 regular sellers. The Staunton market celebrated its twenty-fifth anniversary in April with an extra special Easter market.

During the past year the sellers on the Waynesboro market have sold a total of \$2612.83 in farm and home products mainly poultry and eggs. This is lower than their figure of \$3329.49 in 1954. Sales on the Staunton Market this year totaled \$24,067.03 which is higher than the figure of 1954 of \$22,639.62. This is an especially good record since there has been more illness among the sellers this year and because 2 of the sellers were only present 5 and 7 months out of the year. Total sales for both markets this year was \$26,679.86 compared to the figure of \$25,969.07 for 1954.

The two best sellers on the Staunton market were Mrs. W. C. Shiflet of Swoope with a yearly sales of \$3789.00 and Mrs. John Senger with sales of \$4072.73 which is higher than the individual figures for the best sellers in 1954.

Mrs. <sup>John</sup> Senger has kept a careful record of her sales for the 22 years she has sold on the market. Her total sales from May 30, 1954 to November 1, 1955 are as follows:

1934	\$ 173.10	1945	\$ 4108.21
1935	561.27	1946	3701.97
1936	881.93	1947	4431.64
1937	1212.62	1948	4399.95
1938	1166.23	1949	3872.65
1939	1055.01	1950	3668.52
1940	1240.76	1951	4014.57
1941	1673.08	1952	3927.84
1942	2309.79	1953	3919.79
1943	2839.93	1945	3472.84
1944	3447.34	1955	4072.73