

VIRGINIA

RAPPAHANNOCK COUNTY

HOME DEMONSTRATION ANNUAL REPORT

1938

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ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
RAPPAHANNOCK COUNTY
VIRGINIA

1932

Matilda M. Garner
Home Demonstration Agent

February 15, 1932 - November 30, 1932

HOME DEMONSTRATION AGENT ANNUAL REPORT

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III . PERSONAL REPORT SUMMARY-

In conducting the home demonstration program which began February 15, 1932, the home demonstration agent has spent 153 days in field work and 75 days in office work, Of the total number of working days (239) eleven days annual leave were taken. The total number of farm visits made in conducting extension work has been 510 in 566 homes, the remaining number being homes without farms.

The number of training meetings held with Adult Committeemen was two with an attendance of 42 workers; in Junior Work 3 leaders or committee meetings have been held with ⁵²~~61~~ leaders taking the training.

The work has been conducted in 8 Communities with adults where there has been method demonstrations as follows: 24 in Food Preparation and Preservation; 10 in Reseting Chairs; 7 in Kitchen Improvement; 4 in Gardening; 4 in Needlecraft; 1 in Better Homes and 1 in Community Improvement: making a total of 51 Method Demonstrations with women with a total attendance of 1,089.

The total number of white women in the county is 1,463 and of this number 160 women have been reached through the work of the home demonstration program and 35 other women directly influenced.

Of the 603 girls of club age the Agent has worked with 131 girls giving 36 method demonstration in clothing with a total attendance of 443 girls; 15 method demonstrations in foods and 8 in garden methods. In the clothing

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clubs there were 104 girls enrolled and of this number 74 girls completed their projects and report that 90 dresses have been made at a cost of \$ 66.82 with a value of \$ 88.15. Undergarments made 84 at a cost of \$ 29.54 with a value of \$ 39.40. Articles and garments mended and remodeled were 93.

50 news articles and stories have been published and 372 individual letters written. 7 different circular letters were prepared which had a circulation of 672. The number of bulletins distributed were 573. The number of office calls relating to extension work is 148 and the number of telephone calls is 120. The total number of miles traveled in official duty is 6274.

IV. STATUS OF COUNTY ORGANIZATION:

1. FINANCIAL REPORT-

The County has been given its first year of Home Demonstration Service through the cooperation of the Virginia Extension Service, Blacksburg, Virginia, and a public-spirited individual donor of New York. This was made possible through the County Red Cross Chapter, when the individual donor cooperated in putting on a tonsil clinic in Rappahannock. At this time the donor let it be known that she wished to render a service to the people of the county. After an investigation concerning the home demonstration service available through the State Extension Program the donor decided that the service should be Home Demonstration Work.

2- (a). COUNTY ADVISORY BOARD-

From the beginning of the Home Demonstration Service, the County Red Cross Chapter has given its support most heartily. In addition to this an Advisory Board to home demonstration work has been formed- This board is composed of 12 women who favored the beginning of the work, plus Community Club Chairman and their committees of women from the 8 community groups in the county. This board constitutes the advisors to the home demonstration agent in planning the program of work in the county and in helping to carry out these plans- The total membership is 35 women chosen from all 6 magisterial districts of the county- This board has held one meeting, but as the work develops it will hold three meetings during the year with as many additional meetings as will be deemed necessary- The executive members of the Advisory Board are the Group Chairman plus the County Chairman and Secretary-

(b). 4 H COUNCIL-

(1) The function of this 4 H Club Council is to sponsor in every way possible 4 H Club Work- The membership of this body is made up from the Organized Community Clubs in the County and is composed of the president and secretary from each Club, the club leaders and two elected members from the Clubs- This Council holds two regular meetings during the year and any additional ones that are necessary- The total membership of this body is 35.

(2) Program of Work of County 4H Council.

Work to Be Done -

1. To organize and keep active a 4-H Club of ten or more

Work Accomplished -

3 Clubs functioned out of 12 communities where clubs

members in each community.

clubs should be.

2. Each member of a club must conduct one project demonstration and not more than three.

Members took 1 project each while approximately 50% of enrollment carried two or three projects.

3. Each club member must complete project or projects started; submitting complete records for each project or before Oct. 15th.

Projects reported on by Nov. 12th. Records submitted Boys 30; Girls 92 out of 170.

4. Each club to have a leader and an assistant whenever possible.

Leaders in all 8 organized clubs with assistants.

5. Hold 12 meetings during the year. County Rally Day is counted as a meeting when the club sec'y. records the attendance of their club.

10 meetings in all clubs.

6. Each club have a program book which is to be kept by the sec'y of the club.

4 Clubs kept book.

7. Each club conduct a project tour.

No tours conducted.

8. Hold County Rally Day July 1st.

Rally Day held with attendance of 150.

9. Announce County demonstration teams and hold other features relative to project activities on Rally Day.

Health and Dress Revue contest held and winners selected.

10. Each club have 1 boy and 1 girl to compete in health contest on Rally Day.

1 boy and 1 girl competed.

11. To arrange for 2 official delegates from each club

7 clubs out of 8 sent delegates.

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to attend the State Short Course.

12. Have 30 or more club members attend District Short Course at Jamestown Camp in August.

14 girls and 17 boys went.

13. Have County Council pay the expenses of leader or leaders to District and State Short Course.

3 leaders expenses paid.

14. Every Club participate in the County Fair Club exhibit.
(Goal)s 25% of members from club exhibit from project.

15% (approx)

15. Hold County Achievement Day at Washington High School Nov. 12th, 1932, 9.00 a.m. to 3.30 p.m.

Held Nov. 12th with 250 in attendance

16. Have a portion of the Achievement Day Program relative to the bi-centennial celebration.

A pageant " 4H Harvest Review" given. Some Members in bicentennial costume.

17. 4H Club Council award 2 championship banners. One to the high school club and one to the grammar grade school club making highest score in meeting County Club goals.

Banners awarded.

18. The 4-H Club Council make an award of achievement pins to the individual club members successfully completing their project or projects.

Pins given to members completing projects.

19. The 4-H Club Council sponsor a publicity contest and make an award of a first and second prize to report of the winning club.

5 clubs sent in exhibit of publicity articles.

(3) FORMATION OF PROGRAM-

The program of work for the county council was drawn up in a meeting of the council. One of the members took charge of the discussion presenting some goals which she thought worthwhile for the council to work toward. As she presented them other members and leaders of the council made suggested goals. The goals were planned to specifically fit the program of work for the County Clubs.

The 4H Club Council holds two meetings during the year and any additional ones that are necessary. The Council Members take the lead in planning and executing the programs for county meetings, such as the Annual Club Rally Picnic, County Fair and 4H Achievement Day. This Council makes the money used to pay the expenses of leaders to State and District Short Courses and to pay for club prizes awarded outstanding members in the county.

One of the outstanding pieces of work sponsored by the 4H Council this year has been a 4H Publicity Contest. The Council made a prize award to the reporter of a 4H Club who submitted the best news paper clipping written by himself reporting a meeting or some activity of his club. Also a prize award was made to the club that submitted a series of five or more articles written by members of a Community 4H Club, leaders, or parents. A third class in the contest was a prize award to the 4H Members who submitted the best single story of his club work. The articles were brought together to be judged at the County Achievement Day. They were mounted on poster paper and displayed as an exhibit. This contest stimulated much interest among the Club Members in letting the public know of their accomplishments

through their club work.

3. The Council leads all 4H Club Work in the County. It is the executive body of the County Clubs. It plans its activities to strengthen the Community Clubs and sponsors programs, contests, awards club pins and banners, and defrays expenses of county projects.

INDEX TO MAP:-

-- Project Groups

X 4-H Community Clubs

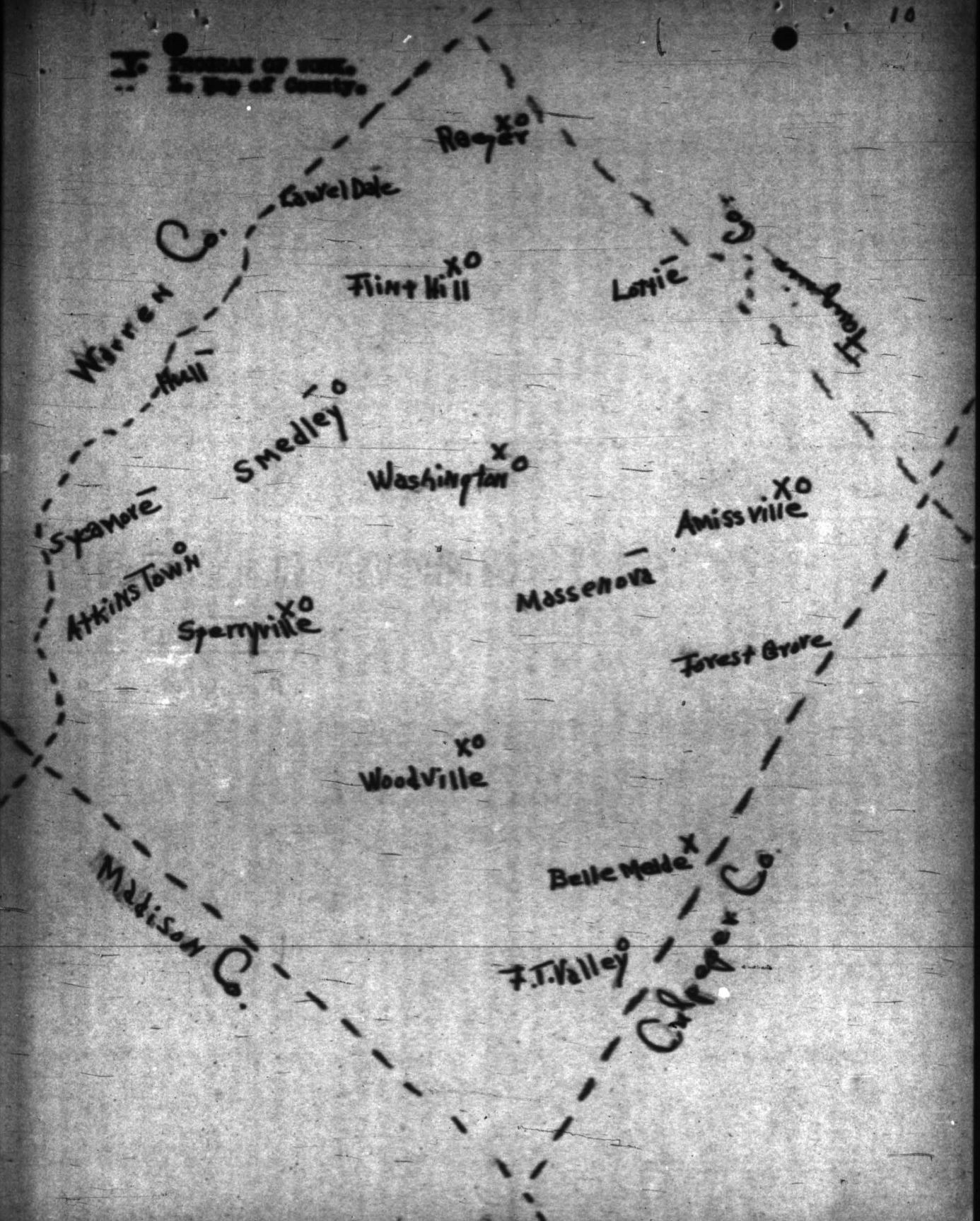
O Womens Clubs 8. (See page 14 for enrollment)
2 groups met once

4-H Club Enrollments:

Reager-----	34
Laurel Dale -----	6
Flint Hill -----	10
Lottie -----	6
Hull -----	12
Sycamore -----	12
Shedley -----	9
Washington -----	24
Sperryville -----	20
Massanova -----	14
Amissville -----	10
Forest Grove -----	7
Belle Meade -----	6
Woodville -----	9

Both Women and Junior Clubs average 10 Meetings.

OFFICE OF THE
SHERIFF OF WARREN
Co. Va.



2. WOMENS WORK:

a. When the home agent took up her duties in Rappahannock the first group of women and men with whom she met was the County Red Cross Chapter. At that time she explained what subjects for study were available to the women and girls and secured information concerning dates for meeting women in the various sections of the county. The first months service consisted of home visiting and meeting groups of women wherever possible to explain to them what service they might expect and to have them select subjects they were most interested in. This contact was made through church groups, home nursing classes and community leagues. Following the advice of the 12 women on the advisory committee, and the opinions of the local groups it was decided to give miscellaneous demonstrations in any community where ten or more women met for a demonstration. As the result of interest expressed by a group of women at Woodville, a county-wide contest for the improvement of home kitchens was developed. The objective as announced was that of stimulating an interest for the improvement of kitchens for convenience, cleanliness, comfort, and cheer, at the least possible cost.

b. PROGRAM OF WORK:

I.

Present the work to various community groups and give a demonstration in the subject they choose if there are 10 or more women.

Demonstration groups formed in 8 communities: Woodville, Sperryville, F.F. Valley, Washington, Flint Hill, Reager, Amisville, Forest Grove.

Conduct a kitchen improvement contest for women, with a minimum enrollment of 35,

Hold a Kitchen Achievement program.

Hold a county canning day at Washington with 100 women in attendance.

Give in every community work in canning.

Encourage making of fly traps.
Have anti-fly campaign.

Conduct a kitchen demonstration booth at County Fair.

Cooperate with the County Better Homes Committee in sponsoring

37 women enrolled, 31 competed.

Held Sept. 1st, with 75 present.

Held Aug. 16 with 75 women present. State foods specialist gave demonstration.

4 meetings held. Communities well represented at county demonstrations, no need to repeat demonstrations.

30 traps made- 8 followed instructions in screening homes.

"The Wife Saving Plan" versus "Why Waives Wear Out".

225 inspected booth activity, demonstration in "Home made Kitchen Devices".

Church, schools and other organizations cooperated

a tree and shrubbery day for the court house yard, April 1st. Solicit donations of trees, shrubs and plants.

131 plantings made. 32 men and women came out and assisted with the planting.

II. GENERAL GOALS.

1. Report Monthly to County Supervisors
County Red Cross Chapter
Donor of work

Reports made.

Local newspapers accomplish-
ments in work and timely items.

Monthly reports published plus
timely articles. 50 items
published.

2. Have at least 5 county women
attend the State Homemakers Meeting
in July.

4 women went.

3. Strive to improve home
conditions in every community
through home visits. Spread good
cheer.

566 home visits.

4. Take pictures of out standing
projects to show progress in work.

Pictures taken in
kitchens- group demonstrations
etc.

5. Cooperate with community
leagues by taking part on their
program.

Served on Better
Homes Committee. Took part
in public programs 5 times.

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6. Assist whenever possible with church and school activities.

Serve on programs. Attend Meetings.

c. The home demonstration program for women was formed to give them an idea of what home demonstration work offers. The demonstrations have been chiefly in foods preparation and preservation and in home management; because these are the subjects of first choice. At the same time some groups were interested in handicraft work and in gardening. The program has therefore been of a miscellaneous nature in order to teach what might be included in a home demonstration program. At the end of a 9 month's service the women now see the advantages of selecting major and minor projects and have already come together in a program planning meeting to plan another years program selecting Foods Preparation dealing specifically with the Meal planning phase and Clothing and Vegetable gardening for minor subjects. Each community group will devote six or more meetings to the major project and two or more meetings to the minor subjects.

d & e

III . ENROLLMENT FOR YEAR:

Community-	Attendance-
Sperryville,	18
Woodville	18
F.T.Valley	18
Atkinstown	10
Spedley	16
Flint Hill	16
Raegeer	12
Amisville	18
Forest Grove	16
Washington	18

160 women reached in demonstration

H

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groups. Of this number there are 8 communities holding regular demonstration meetings. There were 35 others definitely influenced through the work. The total number of white women in the county is 1453.

f. PROJECT ACTIVITIES AND RESULTS:

(a) Foods--- Preparation; Preservation; Nutrition.

(1) PREPARATION AND NUTRITION:

The women have been particularly interested in ways of preparing foods to add food value and variety to the family diet. They have been given demonstrations in foods, combinations and preparation such as follows:- 4 demonstrations in "School Lunch Packing", when the women were taught to make the lunch substantial, appetizing and attractive. Ways of using vegetable and meat combinations and simple deserts were stressed as well as the importance of milk. The women report that they are including more vegetables and milk in the lunch box. Following these demonstrations lunch packing suggestions were published in the local newspapers. 7 demonstrations showing "New Ways to Serve Eggs" were given, with particular emphasis on combining milk with egg dishes and this has proven a great help in families where the housewife could no longer get her family to take milk in the raw form and eggs prepared in the same old "fried, boiled and scrambled was".

"How may I have more salads for my family?, Or can you tell me a new salad?, Don't you think that salad dressings are very expensive? I never can get my family to eat cooked carrots and cabbage." All of these are dilemmas in meal planning with women. 4 demonstrations in "Salads and Salad Dressings" were given to groups desiring this instruction. Some women reported that they added carrots in their gardens this year so that they might have them for salads using them

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raw and cooked. These demonstrations also taught women to make delicious salad dressing of home products, and that when an oil dressing is made that an extender has a distinct advantage, 1 session in "Biscuit Making" was given a group of women. "Different Ways of Serving Apples" was given in 4 groups. Since apples are a distinctive product of this section in Virginia, this subject was one of very great interest. Other groups are to have this subject. Of the 160 women seeing these demonstrations it is a known fact that each one has profited in one or more ways by these foods demonstrations.

(2) PRESERVATION OF FOODS:-

Food preservation is the subject most women are interested in but are most often in doubt about when it comes to the science of canning. A special effort has been made in the teaching of correct methods in foods preservation. Two County Canning Meetings were held with a total attendance of 155 women. One meeting lasted all day when the State Foods and Nutrition Specialist gave instructions in canning vegetables and pickle and jelly making. The other county meeting was devoted to the teaching of Meat Canning. Two other local demonstrations in canning were given in communities where the women came to the county, canning days in fewer numbers. While the work in foods preservation has fallen short of the expectations of the agent, (due to unseasonable causes) the results are gratifying when one considers the failures encountered in home gardens and fruit crops due to poor season. Women participating in the home demonstrations program report that they have canned,

2796 qts. fruit @ a value of 25¢ per qt.	Total value.
	\$699.00
2932 qts. vegetables @ a value of 20¢ per quart -	586.40
1920 qts. meat @ 55¢ per quart-	1056.00
40 qts. fruit juice @ 25¢ per quart - -	10.00
250 qts. jelly @ 25¢ per quart -	62.50
800 qts. Kraut @ 20¢ per quart-	160.00
225 qts. preserves @ 25¢ per quart-	56.25
Total 18963 qts. canned products at a	Total Value of \$2640.15

(b) HOME MANAGEMENT----- KITCHEN IMPROVEMENT CONTEST:

As the result of interest expressed by a group of women at Woodville, this county-wide contest for the improvement of home kitchens was developed. The objective as announced was that of stimulating in kitchen improvements for convenience, cleanliness, comfort and cheer, at the least possible cost.

The thirty-seven kitchens enrolled were visited by the state home improvement specialist and the county home demonstration agent May 5,6 and 7. Miss Mary B. Settle, specialist, sawed each kitchen and discussed with the homemakers various possibilities for improvement. In addition, helpful literature was distributed and other visits were later made to each home by the home demonstration agent.

Of the original 37 kitchens, 31 were scored the second time August 29, 30 and 31. The remaining six asked to be omitted from the final scoring because of incomplete work or other good reasons. This report therefore includes information relating to 31 kitchens.

At the original scoring it was found that the kitchens enrolled represented many different types and conditions. Scores

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ranged from 95 down to 25 points; only two scored above 90, six scored between 90 and 75; eighteen scored between 75 and 50; and five were below 50. Many unnecessary steps were being required these kitchens; the colors and conditions of surface finishes and the lack of adequate convenient storage spaces were making it difficult both to work efficiently and to keep the kitchens attractive and clean in appearance. Kitchen sinks were found in 17 homes, with running water in only 12.

In making suggestions for possible improvements the chief things emphasized were:

- 1- Equipment arranged for saving steps and time.
- 2- Improving storage facilities so that convenience would result.
- 3- Saving work by having good washable finishes on floors, walls, woodwork, worktables and other furniture.
- 4- Adding to equipment such articles as might be most needed.
- 5- Making the kitchen an attractive place in which to work.
- 6- Using materials on hand to the best possible advantage.

It was recognized that comparatively little cash would be available for making improvements, and so those changes which could be made at little or no cost were especially encouraged. At the same time the value of permanency, durability, and quality in improvements was not overlooked.

When the last visits were made and final scoring was done, it was evident that the contest had indeed provided the stimulus for getting improvements made by a definite date. While three months had been allowed for doing this work, most of it had been accomplished within the last three weeks; Good natured competition was a distinguishing mark of the contest. Such remarks as these were made by almost every homemaker: "I am so glad you suggested that arrangement" or "I just never felt I had time to stop work long enough to plan or make changes," or "I really don't

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care about any prize, my kitchen is so much easier and peasanter to work in."

When the final scores were checked, it was found that nine kitchens now had scores above 90; twelve between 90 and 75; nine, between 75 and 50; and only one still below 50.

The improvements in regard to water supply and disposal were much less than had been hoped for. Only one sink was installed, and one other very low one was raised to the correct height. The woman who installed the sink expects to add a rain barrel water system. One other woman has planned a complete water system, with an electric pump, and is to put in the kitchen sink with money made from hooking rugs.

Some of the accomplishments were especially unique or interesting. One such was the kitchen sink already referred to, which was contrived by a clever woman from a discarded automobile gas tank. The cost of raising the other sink was only 17¢ for the pipe, as the husband and son did the work themselves. Two real kitchen cabinets were built by women themselves, as were also kitchen stools, one tea cart and racks of various kinds; of course the men folks of some families did much good work along these lines. One woman had a good linoleum rug in her kitchen but its colors were out of key with her newly developed scheme; she sold the old rug for just enough to buy a pretty new one which fit in better.

The interest of one grandfather 87 years old was enlisted by the home agent and he willingly made several changes for convenience as a surprise to his housekeeper daughter, while she was away on a visit. In another family a young girl helper did practically all the work of improvement with the cooperation of the homemaker's husband, - as a surprise to her when she too, returned from a trip.

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Sugar, feed, and crocus bags were utilized in many ways as curtains, covers and towels. The 20 rest corners arranged for or improved were a noticeable change for the better.

In the kitchen which had originally scored 95, the homemaker adopted the suggestion that she could save steps by collecting her scattered dish washing equipment to a place close to her sink; she did so, thereby saving at this one task ten miles of walking each year.

Another woman whose supplies and equipment had been scattered from one porch to another on opposite sides of her kitchen, rearranged things to so much better advantage that she figures she has saved 80 miles of walking per year at the single task of making bread twice daily. Many others have saved themselves not only miles of steps but much of that tired feeling by adjusting tables to proper heights, getting work stools, and other such changes.

In making all the improvements in 31 kitchens only \$ 241.00 was spent.

- 4 spent nothing at all
- 14 spent less than \$ 5.00
- 7 spent between \$ 5.00 and \$ 10.00
- 4 spent between \$ 10.00 and \$ 20.00
- 2 spent above \$ 20.00, the greatest single expenditure being \$ 62.00 of which \$ 60.00 went for a new range.

With this small total amount of money, plus good planning, much "elbow grease" and cooperative effort, these improvements were the results:

- 14 improved floor finishes
- 9 laid new rugs
- 20 improved wall finishes by painting (8), calcimining (3) whitewashing (3), or washing (3).
- 12 refinished woodwork
- 8 cabinets or substitutes were built
- 28 improved existing closets, cabinets ,etc.
- 30 racks made for knives, tools or covers

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- 10 work stools made or bought
- 3 sea carts made
- 5 new woodboxes; 9 others improved
- 16 adjusted working heights
- 26 covered work tables, mostly with linoleum
- 1 sink installed
(2 water systems in prospect, not completed)
- 1 new window cut over a sink
- 9 others, improving lighting by better placing of lights and use of lighter wall colors.
- 7 improved screening of windows and doors
- 1 screened work porch
- 3 made fly traps
- 46 windows in 20 kitchens were supplied with new curtains
- 2 secured new shades
- 121 pieces of furniture were enameled or otherwise refinished
- 31 kitchens were rearranged for greater convenience
- 20 rest corners were established or improved
- 22 kitchens acquired appropriate pictures, plants or flowers for attractiveness.

One of the fine results is that so many women intend to continue improvements just begun in the contest, Contestants have named about 20 other homes which they had already heard were to be improved because of the inspiration caught from their homes. One woman has already done over her own dining and living room walls since doing her kitchen because in her words " the kitchen was so cheery and bright that I just couldn't stand the other rooms at all."

In judging these kitchens the scores and costs were considered with quality and durability of workmanship and results.

Announcement of the winners was made by the judge at the achievement meeting held at the Rappahannock highschool September 1.

Prizes of useful household equipment and supplies ~~has been~~ donated by interested merchants and individuals of neighboring towns. Each winner in order of rating was allowed to choose for herself from the display of prizes the one she preferred.

(c) HOME, TOWN AND CIVIC IMPROVEMENTS:-

The home demonstration agent cooperated with the local Better Homes Committee in sponsoring a clean up campaign for community homes and towns. 32 homes followed the request to remove trash from vacant lots and surrounding grounds, improve leaning and unpainted fences, whitewash old houses and fences, plant trees, flowers and shrubbery. The County Officials had the County Court House improved with paint on the interior and with the addition of a heating system and running water. The Court Yard was greatly improved by the planting of shrubbery, trees and flowers, which were donated by public spirited individuals. These local improvements were made possible through the cooperation of the County Officials, Better Homes Chairmen, State Landscape Gardener, County Farm and Home Demonstration Agent. It is planned that additional shrubbery will be added in the Court House Yard as it is secured, until the plan is carried out, which was furnished by the State Landscape Gardener.

(d) HOUSE FURNISHINGS:-

While house furnishings has been a very minor project, except as it related to the Kitchen Improvement Contest, 5 women received definite instructions with regards to the improvements of rooms other than the kitchen. This instruction related chiefly to the selection of suitable color schemes in paint and paper. 3 living rooms were improved, 1 bath room, 1 dining room and 1 porch.

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(e) HOME GARDENS:-

92 have been definitely instructed in phases of home gardening through womens clubs, and community leagues. Four meetings were given to this subject in different communities. One woman took as a special project the growing of a better home garden. She reports the growing of 23 varieties of vegetables, all of which has been a means of keeping down her food cost. Vegetables gardens were grown at 160 homes with a total acreage of approximately 178 acres. Three families of unfortunate circumstances followed instructions of the home agent in having a vegetable garden. Two of these families have heretofore been dependent upon their neighbors for vegetables, while this year they grew enough for their home use.

(f) HANDICRAFT AND NEEDLEWORK:-

Handicraft work in the form of chair reseating and footstool seating have been interesting. 10 method demonstrations have been given. 50 chairs have been resealed at a cost of thirty five cents per chair and 40 footstools seated.

The making of fly traps has also been of interest in fly control. Women received instructions in "Making Home made Fly Traps", with a result that 30 traps were made.

Needlecraft work has been of interest in two communities where sewing from short length materials resulted in 11 attractive patchwork pillows, 7 aprons, and 3 laundry bags. Scraps of materials and old materials were combined into 16 hooked chair mats and rugs, the design of which were worked out by the individual women with the assistance of the home agent.

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(g) THE STATE HOMEMAKERS MEETING:-

Four county women attended the State Homemakers Meeting. These women gained through this meeting a knowledge of the benefits of home demonstration work to women and are now willing to assist in making the home demonstration program a permanent one in their own county. They were especially pleased with the opportunity to hear good speakers on home making subjects and with the well planned recreational program.

(h) RELIEF WORK:-

The home agent cooperates with the local Red Cross and County Nursing Service in reporting relief cases to the proper authorities and committees. One specific thing in relief work, which the agent will have charge of is helping a committee of women cut garments from materials furnished the local chapter of the Red Cross through the National Red Cross Headquarters. This will be done when a group of women will meet at the County Court House and do this cutting under the supervision of the County Red Cross Chairman and home agent.

(i) STATE CONTESTS:-

5 women took part in the Dixie Canners Contest. They grew home gardens and made a Canning Plan. The County Contest winner was selected at the County Fair and the winning exhibit of canned products, accompanied by the canning budget was sent to be judged in the district contest. There was no prize won by this county.

(j) RECREATION:-

Although no definite goals in a recreational program have been set up, each community group of women has recreational features on their monthly programs. This is conducted

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by having a member of the group have charge of that part of the program and the group engages in the same taught.

3. GIRLS' WORK:-

A. There are 603 girls of Club age in the county. Approximately 80 girls have been taking projects with the farm agent in past years due to the fact that there was no home demonstration worker in the county. Since the coming of a home agent 131 girls were enrolled in Home Economics Projects.

B. PROJECT ACTIVITIES:-

(a) ENROLLMENT:

There were 8 project groups in clothing, 2 project groups in gardening, 4 project groups in Food for Health and 1 project group in canning. The total membership in all projects is 139 members. There were 104 enrolled in clothing with 1 associate member; 4 boys and 6 girls in gardening; 10 in canning; 48 boys and 34 girls in the Food for Health project with 11 boys and 9 girls as associate members.

(b) ACTIVITIES OF ONE CLUB IN EACH PROJECT:

(1) CLOTHING:

One group in clothing which was particularly successful had members who made attractive dresses costing 35 to 65 cents. This group had a very active leader. This club was fortunate in having one of its members win the County Dress Race and thereby represent the County in the State Race.

(2) CANNING:

Ten girls carried the canning project
canning 891 quarts of fruits and vegetables which means that they more than met the first year requirements in canning fifty containers

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of fruits and vegetables. One member was particularly successful with her canning in that she canned 400 quarts of products. She made and exhibit at the County Fair when she received first prize, and at the State Fair she received a \$ 5 Scholarship to the 1933 State Short Course competing in the Hazel Atlas State Canning Contest.

(3) GARDENING:-

5 girls and 5 boys fulfilled the requirements of a garden club member by growing ten or more vegetables in their home garden. While they did not have separate garden plots and did not sell vegetables these members added very materially to the food supply in their homes. Two members in the same family worked together and with their parents to improve their garden. There were 11 in family and their home garden was not supplying sufficient food. This garden had 18 varieties of vegetables grown in it where heretofore it had only 9.

// Members in the Food for Health Clubs took as a minor project the growing of greens for their family. While very few were successful this year due to lack of a suitable season , 25% were able to get a good crop of spinach or turnip salad. //

(4) FOOD FOR HEALTH:-

The four Food for Health Clubs have been primarily interested in having its underweight members gain in weight. The principal aims have been the observance of health rules by practicing better foods and health habits. The improvement of school lunches has been one of the results, chiefly in homepacked lunches. 15 method demonstrations to Foods for Health Clubs have been given and 8 meetings held with relation to gardens. 50 members show definite gains in weight.

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C. LEADER TRAINING:

Three leader training conferences have been held with 4H leaders and members of clubs taking active parts as leaders. Two meetings were for project instructions in Clothing and one was to make plans for community programs. Each of the 8 organized clubs have one active leader and 6 of them have assistant leaders. The leaders assist in the arrangements for local and county programs, with project instructions, exhibits and short courses. Three leaders served most faithfully in making arrangements for a picture project taking tour, one leader trained a clothing demonstration team for the County Achievement Day, while twelve leaders have actively guided their clubs into a successful years work.

d. 4H CLUB ACTIVITIES:

The establishment of organized community clubs is not a result of the home agents activities but they have been greatly strengthened and enlarged through the coming of a home agent to the county. The membership has been doubled in Club Work. One new club has been organized on a community basis. All eight clubs hold their meetings in the school during a fifty minute period set aside for this work in the school program; plus an additional period for a monthly project meeting. An average of 10 meetings are held with each club. The home agent did not take up her duties in this county until after the club programs were set up and she fell in line with the programs which were drawn up prior to her arrival.

Some specific aims which she set up for girls club work were:

AIMS.

ACCOMPLISHMENTS.

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1. Offer 4H Home Economics Projects in every school in the county.

Offered in 14 of the 16 schools in the county.

2. Have Canning Club Members receive instructions in the county canning meetings.

10 girls attended demonstrations.

3. Conduct a Dress Revue for Clothing Club Members and have a committee of County Women select the three winners.

Revue held as a part of Club Rally Day. 35 girls took part. 3 County women judged.

4. Hold a 4H Achievement Day for County Clubs.

Held in cooperation with County Farm Agent. 250 attended. Club Pageant given.

5. Sponsor in cooperation with the 4H Club Council a County Publicity Contest.

5 clubs took part in this. Awards made to reporter of a club. To club- and individual member submitting best articles.

6. Have girls attend State and District Short Courses.

15 attended State
14 attended District.

7. Cooperate with County Agent in having boys and girls improve their health.

Health contest held in each club- winner selected for county contest and county winners in boys and girls class entered State contest.

8. Take pictures of work-while projects to show progress.

Food for Health and clothing projects taken.

9. SPECIAL EVENTS.

1. RALLY DAYS

The 4-H Clubs of the county held their annual Rally Day in Millers Woods at Washington, Va. on July 13. There were 175 members, leaders and friends of 4-H Club work present. The program for the morning was in charge of the County 4-H Council President. There were songs and talks by members. The Announcement of health

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Winners were made and judging teams announced. One of the interesting features of the day was the County Dress Revue for clothing clubs. At this time 35 girls competed and their dresses were judged by a county committee of women. The three winners were selected for having made the best and most attractive club dresses of wash material.

A picnic lunch was enjoyed, The afternoon program was one of recreation which was directed by leaders and older club members.

2. ACHIEVEMENT DAY:

The Achievement program this year was second in the history of 4-H Club Work. 4-H leaders, the County Council and School Officials were contributors to the success of the day. The council made club awards and worked in committee groups in making preparations for the day. The county school officials cooperated by allowing school busses for transportation, Leaders assisted in preparing their members for parts in the program and parents and friends of club members furnished food for a cafeteria luncheon which was served by a group of county women and 4-H girls.

The days program began at 10 o'clock and was in charge of Club Members assisted by leaders and the home and farm agents. The morning program consisted of group singing, addresses and directed recreation. The afternoon Program consisted of addresses, an announcement of individual and Club Winners, group singing and a Club Pageant in which all club members took part (a program is attached at the end of this report)

3. CONTESTS:

Name	No. Clubs entering	No. Members entering	No. exhibits made.
Growth Work	7	125	

h/b

Style Revue	7	35	35
Hazel-Atlas	3	5	3

The growth work contest was conducted in each club with members making a study of themselves to see what might be done to improve his health. The champion boy and girl from each club was selected by the members and they entered the county contest. The winners in the county contest were selected by a graduate nurse. The county winners were given a physical examination by a local doctor and a graduate nurse. These county winners entered the State Contest.

The Dress Revue was conducted at the County Rally of 4-H Clubs when 35 girls modeled in the clubs dresses they themselves had made as a part of their clothing project. A committee of three county women selected the three winners and the girl making the first place entered the State Dress Revue. No State prize was won, but the two county winners placing first and second were awarded Medals of Honor.

f. CAMPS:	NO. CLUBS REPRESENTED.	NO GIRLS ATTENDING	NO LEADERS ATTENDING
District	6	14	5
State	6	15	3

There was no short course in this county but the members attended the State and District Camps as reported above. The agent did not attend the State Short Course but went to the District. She gave instructions to groups of boys and girls in "Aids to Self-Improvement". She also served as advisor to the Vespers Committee.

M

G. ALL STAR CHAPTER:

There has been a local All-Star Chapter organized. It is quite new in its organization and has not determined its program of work; except in a general way of promoting 4-H Club Work. The organization assists with leadership work and by having its members serve on committees in planning county events.

H. RECREATIONS:

Short recreational periods are allowed in Community 4-H Club Meetings. However, the time allowed for a meeting is not long enough to devote more than ten minutes to this feature of the program. There are occasional club parties when the members spend an evening in recreation. A portion of the Achievement Day was devoted to recreation with a trained director in charge. Games and contests are taught which are adaptable for home and community use.

VI. FINANCIAL STATEMENT AND VALUE OF WORK:

Women's Work:

Project.	Members enrolled.	Cost.	Value.	Amount produced.
Foods & nutrition	160	\$ 250.00	\$ 2640.15	18,963 qts.
Home improvement	43	\$290.50	\$800.00	(36 Rooms Improved 90 Chairs & Stools seated)
Gardens	4	\$15.00	\$ 800.00	5 1/2 acres

Girls' Work:

Project.	Members enrolled.	Cost.	Value.	Am't. produced.
Clothing	104	\$96.16	\$ 127.55	267 garments.

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Foods & nutrition	10	\$ 13.40	\$ 225.75	891 qts.
Garden	10	\$ 5.00	\$256.00	5 acres.

VII . CONCLUSION AND GOALS FOR 1933.

This report has covered in detail the 9 months services of the home demonstration agent in Rappahannock. The women and girls are most grateful to the ones making this service available to them. Considering the short period of time it is noteworthy to mention that of the 1463 white women in the county the home agent has definitely worked with 169 women and the work of these women has influenced 35 others. 51 Method Demonstrations have been given with but the assistance of leaders. There are 8 Community Groups receiving regular demonstrations. Each group is planning to have two leaders another year to assist with method demonstrations and other group activities.

In the junior work the agent has worked with 179 club members. For a new year it is planned that girls will receive more individual instruction in home economics ;that a larger number of girls be reached;that the girls take part in more county and state events;that more stress be placed on the health side of living.

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Work of Home Demonstration Agent Begins

Miss Matilda Garner arrived on the 15th and took up her duties as Rappahannock home demonstration agent for 1932. She has headquarters at Washington, Virginia, with an office in the Court House building.

This county is indeed fortunate to have a year's services of a home agent. The Rappahannock Chapter of the Red Cross had this made possible through the cooperation of the Virginia Extension Service and a public-spirited individual of New York. The work will be under the direction of the V. F. I. Extension Service. Through Miss Garner the assistance of home economics specialists will be available to the women and girls of Rappahannock.

Miss Garner plans to offer 4-H Club work in every school of the county, and she will be glad to give demonstrations to any group of ten or more women. She will welcome invitations from any organization to make a few minutes presentation of the work. We hope the club leaders and women's organizations of the county will get in touch with Miss Garner and assist her in promptly getting home demonstration work under way in Rappahannock.

House Cleaning Is Made Easier

Matilda Garner, County Home Demonstration Agent

Housecleaning need not be the bugbear it has been long regarded in many households. If the work is carefully planned, if the kind of furnishings that are easily cleaned are chosen and handled in the right way, and if provision is made for keeping all the dirt possible out of the house, there will be no need for the upheavals that result in discomfort to the entire household. Moreover this systematic housecleaning saves labor in the end and is economical of the materials used in the furnishing and care of the house.

Almost every home maker has a more or less fixed routine of work which might be called her plan. Oftentimes, with this plan as a basis the housecleaning can be so organized that the homemaker can save herself much time and many steps. In these days, when competent household labor is hard to find, it is wise to "make the head save the heels."

To keep clean rather than to make clean is a thoroughly practical working principal. This means daily tidying of the rooms in constant use, distributing the cleaning, especially the heavy kinds, through the week, and removing dirt not only frequently but thoroughly by methods that have been proved good according to scientific and practical standards. All the members of the household can help if only by keeping their own possessions in order and by putting things that they use in place and in good condition.

General Rules For Easy Cleaning

1. Keep dirt out of the house by cleaning the walks, steps, porches and sills regularly and often, by screening windows and doors and by insisting on having muddy shoes cleaned or left outside, and by having coats and hats hung.

2. Lessen the number of dust-collecting places, such as unnecessary cupboards, grooved and carved woodwork, floors with cracks, rough-finished walls, elaborately carved and upholstered furniture, superfluous draperies, and bric-a-brac.

3. Remove dirt frequently and systematically. This keeps the house and furnishings in better condition and makes the need for heavy cleaning less frequent.

4. Clean by taking the dirt away, not by scattering it to settle elsewhere, as is done when dusting with feathers instead of using an oiled or moistened rag.

5. Do heavy cleaning a little at a time to avoid the hard work and discomforts of the old-fashioned spring and fall cleaning.

6. Have a supply of good cleaning tools, such as you work calls for and keep them in good order and in a convenient place.

7. Use water and cleaning agents sparingly because they may spoil finishes, and weaken glue, paste or cement.

8. Be on the lookout for troublesome insects and animals and take prompt measures to get rid of them if they appear.

9. Make all the family help by leaving things where they belong and in good condition.

Kitchen Contest Is Nearing Close

During the days of the 29th, 30th and 31st of August kitchens entered in the County Kitchen Improvement Contest will be visited by Miss Mary B. Settle, Home Improvement Specialist from V. F. I. Extension Service. At this time she will score the kitchens and determine who the winners are in the contest. Prizes will be awarded to those making the greatest improvement at the least expense and who have made use of materials on hand as much as was possible.

Those making improvements are:

Amisville—

Mrs. Silas Martin
Mrs. F. M. Tapp
Mrs. E. R. Johnson
Mrs. L. W. Estes

Castleton—

Mrs. John Woodward

Flint Hill—

Mrs. J. M. Settle
Mrs. John Hand

Forest Grove—

Mrs. R. O. Smith

Pools Mills—

Mrs. J. L. Thornhill

Scrabble—

Mrs. Charlie Hawkins
Mrs. Jennie Hawkins

Slate Mills—

Mrs. Jennie Miller
Mrs. Elmer Partlow

Washington—

Mrs. Lizzie Jenkins
Mrs. W. F. Moffett
Mrs. Bartow Brown
Mrs. Frank Wood
Mrs. Lillie Gore
Mrs. John Snead

Woodville—

Mrs. J. Hill O'Bannon
Mrs. Lilly Barbour
Miss Ethel Long
Mrs. L. A. Wayland
Mrs. R. L. Rudasill
Mrs. C. H. Fox
Miss Annie M. Elkins
Mrs. R. M. Johnson
Mrs. Gid Brown
Mrs. Lewis Browning
Miss Mary Stark
Miss Elizabeth Johnson
Mrs. George Johnson
Miss Nellie Johnson

ACHIEVEMENT

DAY PROGRAM

There will be an achievement program at Washington in the Court House beginning at 1:30 P. M., on September 1st.

The program for the afternoon is, as follows:

Meeting called to order...

..... Mrs. J. Hill O'Bannon

Invocation

..... Rev. J. H. Abernathy

Group Singing.....

....4-H Club Girls Leading

Purpose of meeting.....

..... Miss Matilda Garner,

H. D. Agent

Reports from community

groups having demonstra-

tions..... Group Chairman

Song

Report from the Virginia

Homemakers

..... Miss Louise Anderson

Husband Calling Contest..

Group of Country Women

Handy Kitchen Devices

shown and explained by

Kitchen contestants.

Report of Kitchen Contest

and Awarding of Prizes....

..... Miss Mary B. Settle

Adjournment

We believe you will enjoy

this program. Come and

bring your friends.

Matilda Garner,

County Home Demon-

stration Agent.

Demonstrator Will Visit In Rappahannock This Month

Miss Kimbrough To Give Meat Canning Demonstration on October 28th.

(By Matilda Garner, Home Agent)

Under the auspices of the county home demonstration program, Miss Gladys Kimbrough, of the Educational Department, Ball Brothers Company, Muncie, Indiana, will give a meat canning demonstration on Friday, 1:30 p. m., October 28th, in the county courthouse, Washington. Home-makers from both Rappahannock and neighboring counties are cordially invited to attend this demonstration. Attendance prizes are to be given.



Miss Kimbrough's general food experience included teaching home economics both in rural and city high schools; working several years as home demonstration agent; managing a school cafeteria and later a larger commercial cafeteria; acting as foods editor for a magazine; broadcasting tested recipes of southern cookery, and serving five years as educational director for national organization of millers. She is generally known as an authority on cookery—particularly southern cookery—though she disclaims the term "expert" which is frequently applied to her, holding that such a term should denote a state of perfection which she has not reached.

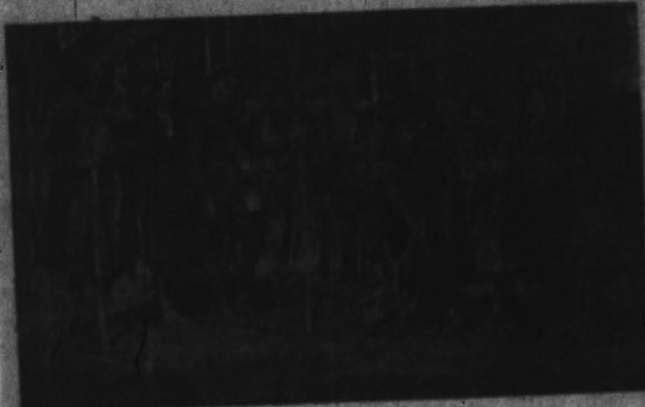
Home Canning Is Simple.

Miss Kimbrough does not believe that cooking and canning are inspired arts. She holds that good material plus proper equipment, simple recipes, and sound instruction should always get good results. Her presentations support this theory. She begins by defining the terms and principles. Next she describes and defines the proper material by illustration. She describes each process before it is done and then visualizes every physical act. She tells how and shows how in such simple words and clear ways that the beginner is confident and the experienced canners are pleased.

Home-makers are urged to come out and see this demonstration on "meat canning" on Friday, October 28th, at the county courthouse, Washington.

Planting Shrubbbery, Flowers, and Trees on Court House Lawn

The Better Homes Committee and Community Leagues Planting Shrubbbery, Flowers, Etc., on Court House Lawn on April 1, 1932



Left to right, front row—Mrs. A. J. Slaughter, Mrs. Gilbert Updike, County Agent Lewis J. Turner, Mrs. D. D. Miller, Miss Matilda Garner, Home Demonstration Agent, Jailor W. H. Hitt. Back row—Helpers.

Rappahannock Girl Makes Record In Canning Contest

Among the runners-up in the canning contest for Virginia 4-H Club girls is Miss Mary Jenkins, of Rappahannock County.

Virginia champion was Miss Cordella Wetzel of Green County, who canned 932 containers of vegetables, fruits and meats and, in addition, put up 198 containers of preserves and pickles, at a total estimated value of \$255.30.

Well Balanced Gardens Needed

By Matilda Garner
Rappahannock Home Agent

The full value of the home garden cannot be measured in dollars and cents since the saving in money is only one side of the matter. Vegetables form a most important part of our daily diet, in fact they are considered essential for continued good health.

Many gardens lack variety because the gardener himself does not plan his garden so the supply of vegetables will be continuous rather than a wasteful abundance in the spring. When planning the garden consider first the family's preference of vegetables, but do not be guided by this alone, because your garden may need other things to make it a "balanced garden"—and you need the benefits of a balanced garden.

Suggested Plan for a Balanced Garden

1. Leafy Vegetables: (select at least three) lettuce, kale, spinach, mustard, turnip salad, Swiss chard.

2. Root Vegetables: (grow at least four, other than potatoes) carrots, beets, parsnips, salsify, radish, turnip.

3. Others (there should be twelve to fifteen of these) beans, cabbage, corn, tomatoes, asparagus, squash, peas, cucumber, onion, muskmelon, etc.

Carrots

Carrots may be planted in March, April, May, June and July. The time and method for seeding are similar to those for beets, but less distance is necessary for development. The first cultivation must be done with care as the slightest amount of soil will easily smother the tender seedlings. All the surplus carrots may be fed to livestock, particularly horses.

The shorter varieties are more rapid growers and are of better quality but are not as good keepers as the long late varieties. Early Scarlet Horn and Oxheart are good early varieties, while Scarlet Horn and Halflong are larger good late ones.

Lettuce

Because of its rapid growth lettuce is commonly planted as a companion crop in a well planned garden and frequent but small plantings at intervals of three weeks. Throughout Virginia the culture is confined to spring and fall—usually March, April, May, September. Good heading varieties suitable for cooler weather are Big Boston, Tennisball. Leafy varieties for warmer weather are Grand Rapids, Simpson, Express.

How to Fix School Lunch

By Matilda Garner,
Rappahannock Home
Demonstration Agent

Returning school-days bring back the problem of the school-day lunch. School cafeterias lessen the lunch problem for some mothers but most children must carry lunch to school or come home to eat it. What, then, shall they have for lunch?

Growing children have special needs in the way of food, food specialists say. Even when all their meals are eaten at home, it is no easy matter to see that they are properly fed, and when they eat part of their meals at school, the difficulty is far greater. This is not because healthfulness and cleanliness are more important in this meal than any other, but because they are harder to secure. It is not easy to keep food clean and attractive when it must be packed and carried to school.

Unfortunately, too, most of the foods that children need for development of strong healthy bodies cost more than some of the foods that are more filling. Many families can not afford unlimited quantities of milk, eggs, butter, fruits, and vegetables. Cereals and sugar are cheaper, they furnish more body fuel, and are more filling. So these carbohydrate foods are relied on to a great extent—often to a much greater extent than is healthful. In fact, in the light of present knowledge of requirements of the human body in childhood, one of the worst diets that could be devised would be made up chiefly of bread and sweets.

It is feasible to keep down the cost of diets by getting a large part of the necessary fuel from these cheaper sources, provided proper quantities of other necessary foods are supplied FIRST; that is, if each child has each day a pint and a half or a quart of milk, at least a serving of tomato, or an orange, a green-colored vegetable, and an ounce of butter.

In many of the schools where no lunches are served, the children can get milk if the parents and teachers will make the arrangements for it. When this is the case the rest of the lunch is less of a problem. If milk cannot be gotten at school nor carried from home then more care is necessary to balance his daily diet. A cheese sandwich—cottage cheese, cream or American cheddar—with plenty of butter, will help to meet the child's requirements for calcium and vitamin A otherwise supplied by milk. A fresh tomato, an orange, or other fruit—always desirable—are more important if the child must do without milk at lunch.

With waxed paper, paper napkins, paper cups, plates and covered containers, nowadays so cheap, the paper bag has largely taken the place of the school lunch box or basket. This makes for convenience, and cleanliness in packing the lunch.

In hot weather, the use of soft, moist foods should be avoided. Although chopped meat moistened with dressing of some kind makes a good sandwich filling, such foods are less desirable in hot weather than slices of meat, peanut butter, cheese or other foods, which are not so likely to spoil.

For lunches to be carried to school, the following suggestions are offered:

I. Sandwich with scrambled egg filling and lettuce. A firm tomato. Cookies. Milk.

II. Chopped cold cooked meat sandwich, filling moistened with Chili sauce, lettuce leaf. Apple or grapes. Milk.

III. Sandwiches filled with cottage cheese salted and mixed with any of these: chow chow, Chili sauce, chopped dill pickle, green pepper, celery, parsley, onion, carrot, greens, chopped walnuts. Cup cake. Milk.

IV. Sandwich of dried beef "fried" in butter, with crisp lettuce, peas, spinach or parsley. Banana or dried fruit. Milk.

V. Peanut butter sandwiches—or ground or shelled roasted peanuts, moistened with cream or top milk on wholewheat bread. Raw crisp carrots or celery. Cup custard or rice pudding with raisins. Milk.

VI. Baked bean sandwich on

ARE YOU A "BALANCED CANNERT?"

By Matilda Garner, County
Home Demonstration
Agent

Do you "do lots of canning?" or are you a "Balanced Canner?" It isn't always enough to do "lots of canning." You may have 500 filled cans in your cellar at the end of the season, but it is not the filled cans you have to "carry over" that have done your family the most good. If your canned products count up to 150 cans of peaches, 35 of plums, 50 berries, 50 cherries, 40 pears, 40 apples, 50 tomatoes and 40 of all other products, you are way off balance.

A good canning plan includes a much larger proportion of canned vegetables. The canning plan or budget for every family is necessarily different. The amount of food necessary to can depends on the vegetables stored as well as those growing fresh in the garden in winter, such as kale, spinach, cabbage and salsify. This plan is to provide every member of the family with two servings of vegetables daily, which is recommended for best health. If stored and fresh vegetables are not available it will be necessary to can more. Increased amounts of tomatoes are recommended, especially when young children are in the family.

What greens and vegetables are suitable for canning? you may ask. They are many, namely, asparagus, beets, carrots, corn, dandelion greens, egg plant, green lima beans, green peas, kraut, okra, soup mixture, spinach, squash, string beans, swiss chard, tomatoes and turnip greens.

To do balanced canning you must make your garden fit your canning. You may know how much you want to can but not allow enough garden space in the garden to vegetables to have enough for the table and to can—in other words late in summer you may find you have a great many beans and very few tomatoes. To give you some idea of what to expect from certain quantities of vegetables let this help you. You may expect from 1 bushel string beans 20 qts.; 1 bu. corn 12 qts.; 1 bu. peas 10 qts.; 1 bu. spinach or greens 7 qts.; 1 bu. small beets or carrots 16 qts.

Try your hand this year on "Balanced Canning." First, determine by the calendar the period of time you will depend upon your pantry shelves for the food supply. Next determine what you may have fresh and stored from the garden or the cellar. Then estimate what might be available from stores. Now you are ready to do a little "figuring" and to check yourself at the end of the season, be sure to write your plan down. Take a sheet of paper and make four columns. In the first column list the products, in the second, frequency of use (i. e. three times a week); in the third suggestive amount for my family; and in the fourth column actual amount canned. When planning frequency of use allow three times a week for

greens, supplemented by fresh or stored vegetables such as onions, carrots, cabbage, pumpkins; allow four times a week for tomatoes (seven times for children unless orange juice is available); other vegetables four times a week, which include soup mixture, corn, peas, beans, etc.; fruits six times per week and juices one time per week. To help you further here is a basis of amounts for one adult: Greens, 10½ pts. (½ pt. serving three times a week for fourteen weeks). Tomatoes 24 qts. (one-third pt. a serving for thirty-five weeks). Other vegetables 24 qts. (one-third pt. for thirty-five weeks). Fruit juice once per week, 9 pts. thirty-five weeks. For children two to six years old use one-half the adult serving, for those six to ten use three-fourths the adult serving. If there are five in family can 42 qts. greens, 140 qts. tomatoes, 56 qts. other vegetables, 210 qts. fruits and 18 qts. fruit juice. Plan for a winter garden and store a plenty of root crops for winter use. THEN, there will be no DEPRESSION at your house next winter, when it comes to food supply.

PROGRAM

IN AUDITORIUM

Beginning at 10:00 A. M.

1. Welcome.....Mary Gardner
Keyser, President County Council
2. Greetings.....Prof. A. E. Bowers,
Principal Washington High School
3. Song....."He Leadeth Me", No. 33
4. Invocation.....Rev.
P. H. Chelf and Rev. J. H. Abernathy
5. Group Singing.....
Miss Helen Drinker, Director
6. Clothing Demonstration.....
Misses June Kibler and Josephine
Hawkins of the Woodville 4-H Club
7. Special Music.....Sperryville 4-H Club
8. 4-H Club Work and Its Relation to
Vocational Guidance.....Prof. E. R.
Price, Editor Extension Division News
9. Recognition of Club Leaders.....Ned Jones
10. Song....."Old Virginia", No. 4
11. Supervised Group Games.....
Miss Helen Drinker, Director

INTERMISSION FOR LUNCH

12:30 to 1:30 P. M.

Reassemble in Auditorium 1:30 P. M.

12. Group Singing.....
Miss Helen Drinker, Director
13. 4-H Club Work As a Part of Our
Educational Program.....
Miss Leslie Fox, Rural
Supervisor of Schools, Warren County
14. Recitation.....Wee Wee Jenkins
15. The Part To Be Played by Parents
in 4-H Club Work.....Mr. C. A.
Montgomery, State Boys' Club Agent
16. Awarding of Special Prizes.....
Mr. E. R. Price, Editor Extension News
17. Pageant: "4-H HARVEST REVIEW"
All Rappahannock Clubs participating

THE 4-H CLUB CREED

I believe in Boys' and Girls' 4-H Club Work for the opportunity it gives me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to THINK, PLAN and REASON.

I believe in the training of my HEART for the nobleness it will give me to be KIND, SYMPATHETIC and TRUE.

I believe in the training of my HANDS for the ability it will give me to be HELPFUL, SKILLFUL and USEFUL.

I believe in the training of my HEALTH for the strength it will give me to ENJOY LIFE, RESIST DISEASE and MAKE FOR EFFICIENCY.

I believe in the United States of America, in the State of Virginia, and in my responsibility for their development.

I am, therefore, willing to devote my efforts for the fulfillment of these things which I believe.

Co-operative Extension Work in Agriculture
and Home Economics, U. S. Department of
Agriculture and State Land-Grant Colleges
Co-operating—Extension Service.

LEWIS J. TURNER..... County Agent

MISS MATILDA GARNER.....
..... Home Demonstration Agent

CLUB LEADERS

CLUBS

Miss Ruth Stevens.....	Washington Club
Mrs. Henry Wood.....	Washington Club
Miss Ellen Jones.....	Sperryville Club
Mrs. Virginia Miller.....	Sperryville Club
Mrs. R. L. Colvin.....	Amisville Club
Miss Mary J. Gore.....	Amisville Club
Mrs. J. P. Cook.....	Flint Hill Club
Miss Lelia Ludwig.....	Flint Hill Club
Miss Ida Browning.....	Forest Grove Club
Miss Lillie Johnson.....	Woodville Club
Miss Nellie Johnson.....	Woodville Club
Mrs. Brown Miller.....	Belle Meade Club
Miss Rebecca Kilby.....	Belle Meade Club

LUNCHEON COMMITTEE

Mrs. H. G. Brown
Mrs. J. Rhodes Brown
Miss Jessie Brown
Mrs. J. C. Cropp
Mrs. Elizabeth H. DeBergh
Mrs. Warren Eastham
Mrs. W. M. Fletcher
Mrs. J. Frank Jones
Mrs. D. D. Miller
Mrs. C. D. Wood

USHERS

Morgan Johnston
Ned Jones
Downing Wood

34
SECOND ANNUAL
Achievement Day
4-H CLUBS

OF

RAPPAHANNOCK COUNTY

VIRGINIA

AT

WASHINGTON HIGH SCHOOL

AUDITORIUM

SATURDAY

November 12th, 1932

10:00 A. M. TO 3:00 P. M.

MOTTO

"TO MAKE THE BEST BETTER"

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

U. S. Department of Agriculture
and State Agricultural Colleges
Cooperating

Extension Service,
Office of Cooperative Extension Work
Washington, D. C.

ANNUAL REPORT OF COUNTY EXTENSION WORKERS

This report form is to be used by county extension agents, such as county agricultural agent, home demonstration agent, club agent, and negro agent, reporting on their respective lines of work.

State Virginia County Rappahannock
 Report of Mattie M. Garner County Home Demonstration Agent
(Name) (Title)
 From January 15, 1932 to November 30, 1932

If agent has not been employed entire year, indicate exact period. Agents resigning during the year should make out this report before quitting the service.

READ DEFINITIONS, PAGE 3



HOME DEMONSTRATION AGENT ANNUAL REPORT

Approved:

Date Dec 7-1932

Maudie E. Wallace
State or District Supervisor.

Date _____

State Extension Director.

SUGGESTIONS RELATIVE TO THE PREPARATION OF THE COUNTY EXTENSION AGENT'S ANNUAL REPORT

The annual report should be a summary, with analysis and interpretations, for presentation to the people of the county, the State, and the Nation of the extension activities in each county for the year and the results obtained by the county extension agent, assisted by the subject-matter specialists. The making of such a report is of great value to the county extension agent and the people of the county in showing the progress made during the year as a basis for future plans. It is of vital concern also to the State and Nation as a measure of rural progress and a basis for intelligent legislation and financial support of extension work.

Separate statistical and narrative reports are desired from each leader of a line of work, such as county agricultural agent, home demonstration agent, boys' and girls' club agent, and negro agent, regardless of title. Where an assistant agent has been employed a part or all of the year, a report on his or her work should be included with the report of the leader of that line of work. Where an agent in charge of a line of work has quit the service during the year, the information contained in his or her report should be incorporated in the annual report of the agent on duty at the close of the report year, and the latter report so marked. Where two or more agents are employed in a county, each a leader of a line of work, statistics should not be duplicated.

At least four copies of the annual report should be made: One copy for the county officials, one copy for the agent's files, one copy for the State extension office, and one copy for the Extension Service, United States Department of Agriculture. *The report to the Washington office should be sent through the State extension office.*

NARRATIVE SUMMARY

The narrative report should summarize and interpret the outstanding results accomplished and the extension methods used, under appropriate subheadings, for each project. Every statement should be clear-cut, concise, forceful, and, where possible, reinforced with necessary data from the statistical summary. Use an interesting style of writing, giving major accomplishments first under each project. Give extension methods fully relating to outstanding results only, and where practicable illustrate with photographs, maps, diagrams, blue prints, or copies of charts and other forms used. Full credit should be given to all cooperating agencies. The lines should be single-spaced, with double space between the paragraphs, and reasonably good margins. The pages should be numbered in consecutive order.

The following outline is suggestive of how the narrative report may be clearly and systematically presented. Each agent should adapt the outline to the situation and the work to be reported.

SUGGESTIVE OUTLINE OF ANNUAL NARRATIVE REPORT

- I. Cover and title page.
- II. Table of contents.
- III. Status of county extension organization.
 - (1) Form of organization—changes and development.
 - (2) Function of local people, committees, or project leaders in developing the program of work.
 - (3) General policies, including relationships to other organizations.
- IV. Program of work; listing goals set up, methods employed, and results achieved.
 - (1) Factors considered and methods used in determining program of work.
 - (2) Project activities and results.

(a) Cereals.	(m) Dairy.
(b) Legumes and forage crops.	(n) Other livestock.
(c) Potatoes, Irish.	(o) Farm management.
(d) Cotton.	(p) Marketing, farm and home.
(e) Tobacco and other special crops.	(q) Foods and nutrition.
(f) Home gardens and home beautification.	(r) Child training and care.
(g) Market garden and truck crops.	(s) Clothing.
(h) Fruits.	(t) Home management.
(i) Forestry.	(u) Home furnishings.
(j) Rodents and miscellaneous insects.	(v) Home health and sanitation.
(k) Agricultural engineering and home engineering.	(w) Community activities.
(l) Poultry.	(x) Miscellaneous.
- V. Outlook and recommendations, including suggestive program of work for next year.
- VI. Summary of activities and accomplishments, preferably of one or two typewritten pages only, placed at the beginning or end of the narrative report.

STATISTICAL SUMMARY

To supplement the narrative part of the report, and in order that comparable State and National summaries may be made, it is necessary to include a statistical summary of the work in each county. The following form has been prepared to insure uniformity of reporting:

DEFINITIONS OF TERMS USED IN THIS REPORT

1. A program of work is a statement of the specific lines of extension work to be undertaken by the extension agent during a year or a period of years.
2. A plan of work is a definite outline of procedure for carrying out the different phases of the program of work. Such a plan provides specifically for the means to be used and the methods of using them. It also shows what, how much, when, and where the work is to be done.
3. A community is a more or less well-defined group of rural people with common interests and problems. Such a group may include those within a township, trade area, or similar limits. For the purpose of this report a community is one of the several units into which a county is divided for conducting organized extension work.
4. A project leader, local leader, or committeeman is a person who, because of special interest and ability, is selected to serve as a leader in advancing some phase of the local extension program. A project leader may be either an organization or a subject-master leader.
5. Demonstrations as contemplated in this report are of two kinds—method demonstrations and result demonstrations. A method demonstration is a demonstration given by an extension worker or other trained leader for the purpose of showing how to carry out a practice. Example: Demonstrations of how to can fruits and vegetables, mix spray materials, and cull poultry.
A result demonstration is a demonstration conducted by a farmer, home maker, boy, or girl under the direct supervision of the extension worker, to show locally the value of a recommended practice. Such a demonstration involves a substantial period of time and records of results and comparisons, and is designed to teach others in addition to the person conducting the demonstration. Example: Demonstrating that the application of fertilizer to cotton will result in more profitable yields, that underweight of certain children can be corrected through proper diet, or that the use of certified seed in growing potatoes is a good investment.
The adoption of a farm or home practice resulting from a demonstration or other teaching activity employed by the extension worker as a means of teaching is not in itself a demonstration.
6. A result demonstrator is an adult, boy, or girl who conducts a result demonstration as defined above.
7. A cooperator is a farmer or home maker who agrees to adopt certain recommended practices upon the suggestion of an extension worker. This work is not directly supervised by the extension agent and records are not required, but reports on the success of the practices may be obtained.
8. A 4-H Club is an organized group of boys and/or girls with the objectives of demonstrating improved practices in agriculture or home economics, and of providing desirable training for the members.
9. 4-H Club members enrolled are those boys and girls who actually start the work outlined for the year.
10. 4-H Club members completing are those boys and girls who satisfactorily finish the work outlined for the year.
11. A demonstration meeting is a meeting held to give a method demonstration or to start, inspect, or further a result demonstration.
12. A training meeting is a meeting at which project leaders, local leaders, or committeemen are trained to carry on extension activities in their respective communities.
13. An office call is a call in person by an individual or group seeking agricultural or home-economics information, as a result of which some definite assistance or information is given. A telephone call differs from an office call in that the assistance or information is given or received by means of the telephone. Telephone calls may be either incoming or outgoing.
14. A farm or home visit is a call by the agent at a farm or home at which some definite information relating to extension work is given or obtained.
15. Days in office should include time spent by the county extension agent in his office, extension conferences, and any other work directly related to office administration.
16. Days in field should include all days spent on official duty other than those spent in office.
17. Letters written should include all original letters on official business. (Duplicated letters should not be included.)
18. An extension school is a school usually of two to six days' duration, arranged by the extension service, where practical instruction is given to persons not resident at the college. An extension short course differs from an extension school in that it is usually held at the college or other educational institution and usually for a longer period of time.
19. Records consist of definite information on the in the county office that will enable the agent to verify the data on extensions work included in this report.

GENERAL ACTIVITIES

Report Only This Year's Activities and Results that can be Verified

1. List below the names, titles, and periods of service of the county extension agents whose work is included in this report.

Matilda Farmer Co. H. D. Agent 9 1/2
(Name) (Title) (Months of service this year)

2. County extension organization or association.

(a) Name Advisory Council

(b) Number of members 35

3. Number of communities in county where extension work should be conducted 12

4. Number of above communities in which the extension program has been cooperatively worked out by extension agents and local committees 8

5. Number of different voluntary county or community local leaders or committeemen actively engaged in forwarding the extension program.

(a) Adult work 35

(b) 4-H Club work 14

6. Number of clubs or other groups organized to carry on adult home demonstration work 8

8 Community Demonstration clubs
County Advisory Board with 35 Members

7. Members in above clubs or groups 160

8. Number of 4-H Clubs 8

9. Number of different 4-H Club members enrolled 131

10. Number of different 4-H Club members completing 30

11. Number of members enrolled in 4-H Club work for:

(a) Boys 48

(b) Girls 131

12. Number of 4-H Club members according to age.

Age	10	11	12	13	14	15	16	17	18	19	20
Boys	14	12	11	3	3	3	2				
Girls	22	21	14	20	18	16	11	6	3	1	

* Report the total number of different boys or girls enrolled in club work. This total should equal the sum of the project enrollments reported on pages 9 to 24, less any duplications due to the same boy or girl carrying on two or more subject-matter lines of work.

GENERAL ACTIVITIES—Continued

Report Only This Year's Extension Activities and Results that can be Verified

12. Number of 4-H Club members in school	179	Out of school		13
14. Number of 4-H Club teams trained		(a) Judging		14
		(b) Demonstration	1	
15. Number of groups organized for extension work with rural young people above the 4-H Club age			1	15
16. Members in above groups		(a) Young men	2	16
		(b) Young women	3	
17. Total number of farm visits ² made in conducting extension work				17
18. Number of different farms visited				18
19. Total number of home visits ² made in conducting extension work			6-66	19
20. Number of different homes visited			880	20
21. Number of calls relating to extension work		(a) Office	148	21
		(b) Telephone	120	
22. Number of days agent spent in office			76-	22
23. Number of days agent spent in field			15-3	23
24. Number of news articles or stories published ²			5-0	24
25. Number of individual letters written			372	25
26. Number of different circular letters prepared (not total copies mailed)			7	26
27. Number of bulletins distributed			6-73	27
28. Number of radio talks made				28
29. Number of events at which extension exhibits were shown			3	29
30. Training meetings held for local leaders or committeemen	(a) Adult work	(1) Number	2	30
		(2) Total men leaders attending	0-	
		(3) Total women leaders attending	37	
(b) 4-H Club	(1) Number	3	31	
	(2) Total leaders attending	52		
31. Method demonstration meetings held (do not include meetings reported under No. 30)		(a) Number	103-	31
		(b) Total attendance	1787	
32. Meetings held at result demonstrations	(a) Number		3	32
		(b) Total attendance	30	
33. Tours conducted	(a) Number			33
		(b) Total attendance		
34. Achievement days held	(a) Adult work	(1) Number	1	34
		(2) Total attendance	76-	
	(b) 4-H Club	(1) Number	1	
		(2) Total attendance	35-0	

¹List as farm or home visit according to principal purpose of visit.²Include county and State press, agricultural journals, and home magazines. Do not count items relating to notices of meetings only.

GENERAL ACTIVITIES—Continued

Report Only This Year's Extension Activities and Results that can be Verified

35. Encampments held	(a) Farm women	(1) Number		35
		(2) Total members attending		
		(3) Total others attending		
36. Other meetings of an extension nature participated in and not previously reported	(b) 4-H Club	(1) Number	1	36
		(2) Total boys attending	15	
		(3) Total girls attending	14	
		(4) Total others attending	5	
37. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere	(a) Adult work	(1) Number	38	37
		(2) Total attendance	4851	
38. Meetings held by local leaders or committeemen not participated in by agent and not reported elsewhere	(b) 4-H Club	(1) Number	3	38
		(2) Total attendance	30	

PROGRAM SUMMARY

List below information on each subdivision of the program of work. Include under each heading all of the work done with men, women, boys, and girls. If an assistant agent has been employed include his or her time with that of the agent. This page should not be filled out until the questions on the following pages have been answered. Estimate where records are not available.

Line of work	Number of communities or other units participating	Number of leaders or committees assisting	Days specialists helped with line of work	Days agent devoted to line of work	Number of meetings held in relation to line of work	Number of news stories published	Number of different circular letters issued	Number of farm or home visits made	Number of office calls received	
	(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	
38. Cereals (page 8)										38
39. Legumes and forage crops (pages 9, 10)										39
40. Potatoes, Irish (page 11)										40
41. Cotton (page 11)										41
42. Tobacco and other special crops (page 11)										42
43. Home gardens and home beautification (page 12)	5	6	2	14	11	6		13	11	43
44. Market garden and truck crops (page 12)										44
45. Fruits (page 12)										45
46. Forestry (page 13)										46
47. Rodents and miscellaneous insects (page 13)										47
48. Agricultural engineering (page 14)										48
49. Poultry (page 15)										49
50. Dairy (page 15)										50
51. Other livestock (page 15)										51
52. Farm management (page 16)										52
53. Marketing—farm and home (page 17)										53
54. Foods and nutrition (page 18)	10	8	2	23	39	12	2	17	19	54
55. Child training and care (page 19)										55
56. Clothing (page 20)	7	14	1	27	36			24	27	56
57. Home management (page 21)	8		7	30	7	5	2	150		57
58. House furnishings (page 22)				5		3		8	17	58
59. Home health and sanitation (page 23)	8			5		3		5	9	59
60. Community activities (page 24)	8	20		19	5			9	18	60
61. Miscellaneous (page 24)			1	71	10	13	2	300	137	61
62. Building extension program of work ¹	7	30	3	10	4	1		19	17	62
63. Organization—extension association and committee ²	7		1	19	3	3	1	17	18	63

(The totals for these columns do not necessarily check with the information given on pages 4, 5, and 6, since one meeting, farm visit, circular letter, etc., may relate to two or more lines of subject matter.)

¹ Under "building the extension program" include all work incident to the collection of economic and social data as a basis for determining programs, the conducting of program surveys, and the outlining of county, district, and community programs. Do not include work related to the execution of programs, as this should be reported under the projects above.

² Under "organization" include all work incident to maintaining extension associations, agricultural councils, home demonstration councils, advisory committees, project committees, community committees, and the like not reported under building the extension program.

FRUITS, VEGETABLES, AND BEAUTIFICATION OF HOME GROUNDS

Report Only This Year's Extension Activities that are Supported by Records

Item	(a) Home gardens	(b) Market gardening, truck, and canning crops	(c) Beautifi- cation of home grounds	(d) Tree fruits	(e) Bush and small fruits	(f) Grapes
88. Number of method demonstration meetings held	11		1			
89. Number of adult result demonstrations completed or carried into the next year	4					
90. Total number of acres included in adult result demonstrations	5 $\frac{1}{2}$ XXXXX		XXXXX			
91. Average increased yield per acre on adult result demonstrations due to recommended practices	XXXXX	bu.	XXXXX	bu.	qts.	lbs.
92. Number of 4-H Club members enrolled	(1) Boys	5-				
	(2) Girls	0-				
93. Number of 4-H Club members completing	(1) Boys	5-				
	(2) Girls	5-				
94. Number of acres grown by club members completing	5 acres		XXXXX			

Note.—Work relating to soils and fertilizers, insects, and plant diseases should be reported in connection with the crops concerned.

(Use space below for State questions not listed above)

VEGETABLE GARDENING

Estimated value of vegetables in 4-H club gardens \$206 adult gardens \$800
 No. 4-H club members with own garden _____ No. using parents garden 10
 Percentage of 4-H club members having good fall gardens _____
 No. adult garden club members 4 No. adult leaders trained _____
 No. food club members minoring in gardens 10
 No. members raising new vegetables 10
 No. members selling vegetables from garden _____
 Amount of sales from specific gardens _____
 No. county leader training meetings held _____
 Total attendance at county leader training meetings _____
 No demonstrations given by leaders with agent present _____ Without agent _____
 No. demonstrations given where leaders assisted agent _____

LANDSCAPE GARDENING

No. demonstrations in yards to homemakers 1
 No. demonstrations on school grounds to women's groups _____
 No. demonstrations on civic grounds to women's groups _____
 No. result demonstrations: (a) yards 2 (b) schools _____ (c) civic centers 1
 No. persons using advice for improving home grounds 2 other grounds 1
 No. persons receiving information on: plant study _____ flower growing _____
 landscape needs 5 standards and objectives _____

FORESTRY

Report Only This Year's Extension Activities that are Supported by Records

95. Number of method demonstration meetings held.....	95
96. Number of adult result demonstrations completed or carried into the next year.....	96
97. Number of 4-H Club members enrolled.....	97
(a) Boys.....	
(b) Girls.....	
98. Number of 4-H Club members completing.....	98
(a) Boys.....	
(b) Girls.....	
99. Number of transplant beds cared for by club members completing.....	99
100. Number of acres farm wood lot managed by club members completing.....	100
101. Number of new forest or farm woodland areas planted according to recommendations.....	101
102. Acres involved in preceding question.....	102
103. Number of farms assisted in forest or wood-lot management.....	103
104. Acres involved in preceding question.....	104
105. Number of farms planting windbreaks according to recommendations.....	105
106. Number of farms following recommendations as to control of white-pine blister rust.....	106
107. Number of farms assisted in other ways relative to forestry (specify below).....	107
(Use space below for State questions not listed above)	

RODENTS, OTHER ANIMAL PESTS, AND MISCELLANEOUS INSECTS

Report Only This Year's Extension Activities that are Supported by Records

(Do not include work reported under "Crop" and "Livestock" headings)

Item	(a)	(b)	(c)
	Rodents	Other animal pests	Insects
108. Number of method demonstration meetings held.....			108
109. Number of result demonstrations completed or carried into the next year.....			109
110. Pounds of poison used.....			110

AGRICULTURAL ENGINEERING

(Farm and Home)

Report Only This Year's Extension Activities that are Supported by Records

111. Number of method demonstration meetings held.....		111
112. Number of adult result demonstrations completed or carried into the next year.....		112
113. Number of 4-H Club members enrolled.....	(a) Boys..... (b) Girls.....	113
114. Number of 4-H Club members completing.....	(a) Boys..... (b) Girls.....	114
115. Number of farms following recommendations in installing drainage systems.....		115
116. Acres drained by such systems.....		116
117. Number of farms following recommendations in installing irrigation systems.....		117
118. Acres irrigated by such systems.....		118
119. Number of farms building terraces and soil-saving dams to control erosion according to recommendations.....		119
120. Acres on which soil erosion was so prevented.....		120
121. Number of farms clearing land of stumps or boulders according to recommended methods.....		121
122. Number of families assisted with house-planning problems.....		122
123. Number of dwellings constructed according to plans furnished.....		123
124. Number of dwellings remodeled according to plans furnished.....		124
125. Number of sewage-disposal systems installed according to recommendations.....		125
126. Number of water systems installed according to recommendations.....		126
127. Number of heating systems installed according to recommendations.....		127
128. Number of lighting systems installed according to recommendations.....		128
129. Number of farms on which buildings other than dwellings were constructed or remodeled this year according to plans furnished.....		129
130. Number of buildings involved in preceding question.....	(a) Dairy barns..... (b) Hog houses..... (c) Poultry houses..... (d) Silos..... (e) Other.....	130
130%. Number of farms or homes following recommendations on maintenance and repair of machinery.....		130%
130%. Number of machines involved in preceding question.....	(a) Tractors..... (b) Tillage implements..... (c) Harvesters and threshers..... (d) Other.....	130%
130%. Number of farms employing better types of machinery or equipment recommended by extension agent.....		130%

POULTRY, DAIRY CATTLE, BEEF CATTLE, SHEEP, SWINE, AND HORSES

Report Only This Year's Extension Activities that are Supported by Records

Item	(a)	(b)	(c)	(d)	(e)	(f)
	Poultry	Dairy cattle	Beef cattle	Sheep	Swine	Horses and mules
131. Number of method demonstration meetings held.....						131
132. Number of adult result demonstrations completed or carried into the next year.....						132
133. Number of animals involved in these completed adult result demonstrations.....						133
134. Total profit or saving on adult result demonstrations completed.....						134
135. Number of 4-H Club members enrolled.....						135
136. Number of 4-H Club members completing.....						136
137. Number of animals involved in 4-H Club work completed.....						137
138. Number of farms assisted in obtaining purebred sires.....						138
139. Number of farms assisted in obtaining high-grade or purebred females.....						139
140. Number of bull, boar, ram, or stallion circles or clubs organized.....						140
141. Number of members in preceding circles or clubs.....						141
142. Number of herd or flock improvement associations organized or reorganized.....						142
143. Number of members in these associations.....						143
144. Number of farms not in associations keeping performance records of animals.....						144
(Use space below for State questions not listed above)						

POULTRY

No. leaders trained: adult _____ 4-H club _____ Total profit on 4-H club _____
 Total profit on adult club _____ Result demonstrations completed _____
 No. birds culled _____ Increase in egg production from better feeding _____
 Profit made by farm flock improvement contestants _____
 Profit made from other poultry cooperators _____
 Value of 4-H club poultry _____ Profit from 4-H club poultry _____

FARM MANAGEMENT, CREDIT, INSURANCE, AND TAXATION

Report Only This Year's Extension Activities that are Supported by Records

143. Number of method demonstration meetings held.....		145
146. Number of adult result demonstrations completed or carried into the next year.....		146
147. Number of 4-H Club members enrolled in account work.....	(a) Boys..... (b) Girls.....	147
148. Number of 4-H Club members completing.....	(a) Boys..... (b) Girls.....	148
149. Number of farms keeping farm accounts throughout the year under supervision of agent.....		149
150. Number of farms keeping cost-of-production records under supervision of agent.....		150
151. Number of farms assisted in summarizing and interpreting their accounts.....		151
152. Number of farms assisted in making inventory or credit statements.....		152
153. Number of farm business or enterprise survey records taken during year.....		153
154. Number of farms making recommended changes in their business as result of keeping accounts or survey records.....		154
155. Number of other farms adopting cropping, livestock, or complete farming systems according to recommendations.....		155
156. Number of farms advised relative to leases.....		156
157. Number of farms assisted in obtaining credit.....		157
158. Number of different farms assisted in using outlook or other timely economic information as a basis for readjusting farm operations.....		158
159. Number of farms in preceding question making readjustments in—		159
(a) Wheat.....	(g) Dairy cattle.....	(m).....
(b) Corn.....	(h) Beef cattle.....	(n).....
(c) Cotton.....	(i) Hogs.....	(o).....
(d) Potatoes.....	(j) Sheep.....	(p).....
(e) Tobacco.....	(k) Poultry.....	(q).....
(f) Truck crops.....	(l).....	(r).....

(Use space below for State questions not listed above)

MARKETING (FARM AND HOME)

Report Only This Year's Extension Activities that are Supported by Records

Item	(a) Grain and feed	(b) Cotton	(c) Dairy products	(d) Livestock	(e) Fruits and vegetables	(f) Poultry and eggs	(g) Home products	(h) Other
160. Number of cooperative-marketing associations or groups organized during the year.....								160
161. Number of cooperative-marketing associations or groups previously organized assisted by extension agent this year.....								161
162. Membership in associations organized and assisted (161 and 162).....								162
163. Value of products marketed by all associations worked with.....	\$	\$	\$	\$	\$	\$	\$	163
164. Value of supplies purchased by all associations worked with.....	\$	\$	\$	\$	\$	\$	\$	164
Number of cooperative-marketing associations or groups assisted with problems of—								
165. Preliminary analysis.....								165
166. Organization.....								166
167. Accounting and auditing.....								167
168. Financing.....								168
169. Business policies.....								169
170. Production to meet market demand.....								170
171. Reduction of market losses.....								171
172. Use of current market information.....								172
173. Standardizing.....								173
174. Processing or manufacturing.....								174
175. Packaging and grading.....								175
176. Loading.....								176
177. Transporting.....								177
178. Warehousing.....								178
179. Keeping membership informed.....								179
180. Merging into larger units.....								180
Number of farms or homes not in cooperative associations or groups assisted with problems of—								
181. Standardizing.....								181
182. Packaging and grading.....								182
183. Use of current market information.....								183

(Use space below for State questions not listed above)

FOODS AND NUTRITION

Report Only This Year's Extension Activities that are Supported by Records

184. Number of method demonstration meetings held 36 184

185. Number of adult result demonstrations completed or carried into the next year 120 185

	Food selection and preparation		Food preservation	
	(1) Girls	(2) Boys	(1) Girls	(2) Boys
186. Number of 4-H Club members enrolled	34	48	10	
187. Number of 4-H Club members completing	23	34	7	

188. Number of homes assisted in planning family food budget for a year 188

189. Number of homes budgeting food expenditures for a year 189

190. Number of homes balancing family meals for a year 108 190

191. Number of homes improving home-packed lunches according to recommendations 88 191

192. Number of schools following recommendations for a hot dish or school lunch 192

193. Number of children involved in preceding question 193

194. Number of homes using improved methods in child feeding 194

195. Number of individuals adopting recommendations for corrective feeding (such as weight control, anemia, pellagra, and constipation) 195

196. Number of jars of canned products preserved by 4-H Club members W-18963 G-891 gts 100 1896

Women Girls

- a. No. members 10% normal weight 50
- b. How many members practically live at home by producing all possible food at home? 120
- c. No. pressure cookers purchased during the past year 2
- d. No. members planning canning budget 40
- e. No. homes where vegetable gardens were planted 160
- f. No. homes planting gardens for first time or greatly enlarged this yr. 2
- g. No. dems. given by leaders with agent present _____
- h. No. dems. given by leaders with agent absent _____
- i. No. dems. where leaders assisted agent _____
- j. No. dems. given by club members _____
- k. No. food groups; W 8 G 4; 1. No. leaders trained _____
- m. No. county leader training meetings held _____
- n. Total attendance at county leader training meetings _____
- o. No. food groups in small rural schools 5-; number members 82; No. others below club age 20.
- p. No. members improving weight 32; health 32; posture 32

CLOTHING

Report Only This Year's Extension Activities that are Supported by Funds

208. Number of method demonstration meetings held.....	36	208
209. Number of adult result demonstrations completed or carried into the next year.....		209
210. Number of 4-H Club members enrolled.....	(a) Girls 104 (b) Boys	210
211. Number of 4-H Club members completing.....	(a) Girls 74 (b) Boys	211
212. Number of individuals following recommendations in improving construction of clothing.....	(a) Women (b) Girls 80	212
213. Number of individuals using a clothing budget.....	(a) Women (b) Girls (c) Boys	213
214. Number of individuals making garments for themselves.....	(a) Women (b) Girls 74	214
215. Number of individuals improving children's clothing according to recommendations.....	(a) Women (b) Girls	215
216. Number of individuals following recommendations in improving care, renovation, and remodeling of clothing.....	(a) Women (b) Girls 57	216

	<u>WOMEN</u>	<u>GIRLS</u>
a. Number members who kept a clothing account	---	53
b. Number members who learned to shop more wisely	---	52
c. Number members who improved selection of dress as to color, line and design	---	74
d. Number members who learned to wear sensible walking shoes	---	52
e. Number members who adopted better posture	---	62
f. Number members who do their own mending: All	---	20
Part W _____ G 44 Family Mending	---	32
g. Number demonstrations given by leader with agent present	---	7
Number demonstrations given by leader without agent present	---	5
h. Number demonstrations where leader assisted the agent	---	29
i. Number demonstrations given by club members	---	7
j. Number people (other than club members) influenced to adopt new practices	---	15
k. Number clothing groups	---	7
l. Number leaders trained	---	7
m. Number county leader training meetings held	---	2
n. Total attendance at county leader training meetings	---	10
o. Work done - garments made W _____ G 174 Garments remodeled	---	90
Garments dry cleaned W _____ G 17 Hats or caps made	---	2

HOME MANAGEMENT

Report Only This Year's Extension Activities that are Supported by Records

217. Number of method demonstration meetings held.....	7	217
218. Number of adult result demonstrations completed or carried into the next year.....	52	218
219. Number of 4-H Club members enrolled.....	(a) Girls..... (b) Boys.....	219
220. Number of 4-H Club members completing.....	(a) Girls..... (b) Boys.....	220
221. Number of homes keeping home accounts according to a recommended plan.....		221
222. Number of homes budgeting expenditures in relation to income according to a recommended plan.....		222
223. Number of homes following recommended methods in buying for the home.....		223
224. Number of women following a recommended schedule for home activities.....		224
225. Number of kitchens rearranged for convenience according to recommendations.....	32	225
226. Number of homes following recommendations in obtaining labor-saving equipment.....	30	226
227. Number of homes adopting recommended laundering methods.....		227
228. Number of homes adopting recommended methods in care of house.....	31	228
229. Number of homes assisted in an analysis of their home conditions with reference to a standard of living.....		229
230. Number of homes assisted in making adjustments in home making to gain a more satisfactory standard of living.....		230

(Use space below for State questions not listed above)

	Women	Girls
5-a Number homes improving storage spaces.....	28	_____
5-b Number articles labor-saving equipment home-made.....	30	_____
Ready-made.....	4	_____
5-c Number homes adjusting heights of working surfaces.....	16	_____
5-d Number kitchens improved in appearance.....	31	_____
5-e Total number kitchens improved.....	32	_____
5-f Estimated number other people influenced.....	40	_____
5-g Number demonstrations by leaders, agent present.....	_____	_____
5-h Number demonstrations by leaders, agent absent.....	_____	_____
5-i Number demonstrations with which leaders assisted agent.....	_____	_____
5-j Number demonstrations given by club members.....	_____	_____
5-k Number home management groups in county.....	8	_____
5-l Number leaders trained.....	_____	_____
5-m Number county leader-training meetings held.....	_____	_____
5-n Total attendance of leaders.....	_____	_____

HOME FURNISHINGS

Report Only This Year's Extension Activities that are Supported by Records

- 231. Number of method demonstration meetings held 7 231
- 232. Number of adult result demonstrations completed or carried into the next year 20 232
- 233. Number of 4-H Club members enrolled 233
 - (a) Girls
 - (b) Boys
- 234. Number of 4-H Club members completing 234
 - (a) Girls
 - (b) Boys
- 235. Number of individuals improving the selection of household furnishings 235
 - (a) Women 5
 - (b) Girls
- 236. Number of individuals following recommendations in improving methods of repairing, remodeling, or refinishing of furniture 236
 - (a) Women 35
 - (b) Girls
- 237. Number of individuals following recommendations in improving treatment of windows (shades, curtains, draperies) 237
 - (a) Women 20
 - (b) Girls
- 238. Number of individuals following recommendations in improving arrangement of rooms (other than kitchens) 238
 - (a) Women 5
 - (b) Girls
- 239. Number of individuals improving treatment of walls, woodwork, and floors 239
 - (a) Women 20
 - (b) Girls

(Use space below for State questions not listed above)

- 6-a No. improving selection, arrangement of pictures, accessories 22
- 6-b How many used dyes in making over old materials? 3
- 6-c No. improving home storage spaces _____

6-d	WORK DONE	Number		Actual Cost; Amount Saved	
		Women	Girls	Women	Girls
	Chairs and stools seated.....	40	6	\$30.00	3.00
	Articles slip-covered or upholstered.....				
	Furniture repaired, remodeled, refinished....	17		\$18.50	38.00
	Window treatments improved.....	20		\$12.00	20.00
	Walls, woodwork, floors.....	28		\$20	\$6.
	Articles or sets of linens made.....				
	Bags, mats, chair seats made.....	16		.60	25.
	Other articles made or made over.....	22		\$2.00	5.00
	Ready-made articles secured.....				

- 6-e Total no. dif. rooms imp.: W 36 G ; 6-f Est. no. other people inf..... 19
- 6-g No. dem. by leaders, agent present; W G ; 6-h agent absent.....
- 6-i No. dem. with which leaders assisted agent.....
- 6-j No. dem. given by club members.....
- 6-k No. house furn. groups in county; W 4 G ; 6-l leaders trained.....
- 6-m No. co. leader training meetings; W G ; 6-n Total attend. leaders.....

HOME HEALTH AND SANITATION

Report Only This Year's Extension Activities that are Supported by Grants

- 240. Number of method demonstration meetings held 240
- 241. Number of adult result demonstrations completed or carried into the next year 241
- 242. Number of 4-H Club members enrolled 242

(a) Girls	8	} 242
(b) Boys	8	
- 243. Number of 4-H Club members completing 243

(a) Girls	8	} 243
(b) Boys	8	
- 244. Number of 4-H Club members not in special health clubs who participated in definite health-improvement work 244

(a) Girls		} 244
(b) Boys		
- 245. Number of individuals following recommendations as to complete health examination 245
- 246. Number of individuals improving health habits according to recommendations 246
- 247. Number of individuals improving posture according to recommendations 247
- 248. Number of individuals adopting recommended positive preventive measures to improve health (immunization for typhoid, diphtheria, smallpox, etc.) 248
- 249. Number of homes adopting better home-nursing procedure according to recommendations 249
- 250. Number of homes installing sanitary closets or outhouses according to recommended plans 250
- 251. Number of homes screened according to recommendations 251
- 252. Number of homes following other recommended methods of controlling flies, mosquitoes, and other insects 252

2

5-5-

8

38

(Use space below for State conditions, and listed above) 30 by traps made

7-a How many water systems have been installed according to recommendations? _____
