

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
WASHINGTON COUNTY
VIRGINIA

1944

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December 1, 1943 - June 30, 1944

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July 1, 1944 - November 30, 1944

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III. SCOPE OF WORK:

A. Home Demonstration Clubs:

Number 18 Membership 494

Other groups sponsored by home demonstration clubs:

Number of Groups:

Negro 1 Membership 28

B. 4-H Clubs:

Number of Clubs:

White 14 Membership 253

Negro 1 Membership 12

C. Number reached through special classes taught by agent: 1,674

D. Number families reached through neighborhood and community leaders, 5,884.

E. Estimate of total number of families reached, 6,054. Number of families in county, 7,500.

F. There is one negro organization which is a community group. Men, women and children attend, so the home demonstration club program has to be altered because of the group. The agent tries to select subjects that will interest the group and helps them in planning a recreational program for the young people.

The agent works very closely with a colored teacher who is leader of the one negro 4-H Club. She does an excellent job and the agent usually attends every other meeting.

IV. ORGANIZATION:

A. County Home Demonstration Committees

A meeting of the Executive Committee which is composed of the president, vice president, secretary, and treasurer of the Home Demonstration Committee and any state officers, was held May 25, 1944 in the courthouse at Abingdon, Virginia. The purpose of this meeting was to decide who would be sent to the state meeting of the Federation of Home Demonstration Clubs at Blacksburg, Virginia in June to represent the county, and to review the accomplishments thus far this year and decide whether or not any changes were desired in the program set up for the remainder of the year.

Mr. J. R. Baker, President, and Mrs. Weaver Cole were selected to represent the county at the state meeting.

The second meeting of the committee was held September 14, 1944 with both new and retiring presidents attending. The object of this meeting was to plan the 1945 program for the Home Demonstration Clubs. Also, important committees were appointed. The following are the new officers of the Home Demonstration Committees: President, Miss Beulah Kinga, Bristol, Virginia, Route 1 - Halls Bottom Club; Vice president, Mrs. Fred Thomas, Bristol, Tennessee, Route 3 - Cleveland Club; Secretary, Mrs. Weaver Cole, Chilhowie, Virginia - Barrack Club; Treasurer, Mrs. Martin Rosenbaum, Glade Spring, Virginia - Glade Spring Club. New officers were elected in August and attending the planning meeting were both old and new presidents. Excellent results have already been noticed from this improved procedure.

B. County Board of Agriculture:

The county is divided into 18 communities and 88 neighborhoods, with 16 community chairwomen and 18 community chairmen. There are 93 women neighborhood leaders and 94 men neighborhood leaders.

Four meetings were held of the County Board of Agriculture.

The first meeting was to launch the Food Fights For Freedom Program in the county -- to determine how the communities would be reached with the information. This was followed by a meeting to discuss the information to be given to the people regarding the program in order that the same information might be given by all of the board members. The third meeting was held to discuss the 1944 Agricultural Goals for Washington County and how they might be met. The last meeting was held in August, the object of which was to discuss the shortage of feed for livestock and how to meet the shortage.

There was excellent cooperation of the board members on all tasks undertaken.

C. Professional Workers Council:

Two meetings of the Professional Workers Council were held. The agricultural agencies represented were the Extension Division (farm and home agents), Farm Security Administration, Pet Milk Company, agricultural and home economics teachers, Washington County Department of Public Welfare, grade school teachers, high school teachers and County Department of Public Health. These meetings were held to launch the Food Fights for Freedom Program in the county.

V. LEADERSHIP:

A. Adult Works:

1. Club Officers:

V. A. 1. Club Officers (continued)

Every organized Home Demonstration Club in Washington County has the following officers: president, vice president, secretary and treasurer. There is an opportunity to use all officers in a club as leaders for the club, even though they do not give subject material. Each club officer has her specific job, the responsibilities of which are outlined to her at the beginning of the year. The agent holds a committee meeting for all officers in every club immediately after election. This meeting helps as much as any other organizational training. If such leaders are made to understand their responsibilities and put to work immediately in cooperation with other officers, the best results are assured. They want to know what is expected of them. There is a total of seventy-two club officers.

2. Project Leaders:

The larger Home Demonstration Clubs have four leaders, two major and two assistant leaders. When the program was set up for the year, certain demonstrations were designated to be given by major leaders and the others by assistant leaders. Smaller clubs have only two leaders. These leaders are trained for the demonstrations by the agent and specialist at leaders' training meetings.

To date twenty leaders' training meetings have been held in the county with a total attendance of 119 leaders. The leaders are trained for two months at a time.

V. A. 2. Project Leaders (continued)

It is the responsibility of the leaders to take the information to their club members, neighborhood leaders, and others in their communities. The club members are asked to make a special effort to get all of the information possible to non-club members, since it is so vitally important for rural people to be well-informed during this crisis.

In addition to the above leaders every club has a poultry chairman, a garden chairman, and a bond chairman. These were appointed to give timely information at each meeting and to get reports on accomplishments for their respective subjects. Special folders of material to be used were worked up for the poultry and garden chairmen and two meetings were held to train them for the work. Results on accomplishments of poultry chairmen show that 420 farm families have improved their flocks. The women were generally pleased with the information brought by these chairmen, so much so that they asked to have these chairmen continue throughout 1945.

3. Federation Goal Chairmen:

At the Home Demonstration Committee meeting last fall it was decided that this county would have two Federation goals, a major and a minor. Housing was the Federation goal for last year, and it was felt that much more could be done toward this goal in the county, so Housing was selected as the minor goal and Health as the major goal for 1944.

V. A. 3. Federation Goal Chairmen (continued)

A health chairman and a housing chairman were appointed in each club and one each for the county. Special folders of material were worked up for the use of the chairmen on each of these goals; and suggestions as to how the material should be presented to the club members, also a check sheet to be filled out and handed in at the end of the year showing accomplishments of members on goals was given to each chairman. It is the responsibility of the chairman to present the material as outlined at each meeting and to give the report of accomplishments at the end of the year.

One object of the Housing goal was to remove all possible accident hazards in the home. A total of 1,729 accident hazards were reported removed from 300 homes. The second objective was to train the members of the family in safety habits -- to teach people to instinctively follow safe methods. Nine hundred improvements were reported made.

4. County Campaigns:

The county campaign this year was "No member of any Home Demonstration members' family in the 3,000,000 under-nourished Americans." Our whole year's program has been centered around this theme. Better planning of food production and conservation has been stressed in order that our families might be well-fed. A special study has been made of food requirements per person. The Basic-Seven Foods were discussed in 29 rural schools with a total of 2,052 pupils and teachers attending.

V. A. 5. Community and Neighborhood Leaders:

There are thirty-two community chairmen and 401 neighborhood leaders in the county. These chairmen and leaders have been trained and have taken a large part in the Foods Fights for Freedom Program. They have been responsible for explaining and getting the material on this program to the families in the various neighborhoods.

B. 4-H Club Work:

There are fifteen 4-H Clubs in the county with a total of twenty-one adult leaders and three older youth leaders who act as assistant leaders. These leaders have the responsibility of helping the girls plan the programs for their meetings and either give the demonstration or train the girls to. It is also their responsibility to make arrangements for the time and place of the meeting. The agent gives the latest information to the leaders and trains them for their work with the girls.

A joint leaders' meeting of the 4-H Club leaders from Washington County, Virginia and Sullivan County, Tennessee was held in Bristol, Virginia, May 6. The leaders from both counties were luncheon guests of the Bristol Chamber of Commerce. This was a most interesting and instructive meeting for the leaders. A 4-H Club agent from Tennessee talked to the leaders with reference to the duties and responsibilities of a 4-H Club leader.

Three 4-H Club members and one leader represented the county at the state short course in Blacksburg June 12-17.

V. B. 4-H Club Work (continued)

Each 4-H club has the following officers: president, vice president, secretary-treasurer, reporter and song leader. These officers have the responsibility of carrying on the meetings.

VI. RESULTS:

A. Home Demonstration Clubs:

1. Project Work

a. Foods

(1) Production

The women as a whole realize the importance of food production to the war effort; therefore, we have stressed well-planned gardens for year-round supply of food, successive planting, better quality products, and above all to be sure enough is produced to have every member of the family well-nourished.

During the month of January every club member was asked to make a plan of the garden she was going to plant, showing arrangement, amount, and succession crops. In March Planting and Cultivation of the Garden was studied. Each member was given a monthly calendar of vegetables to be planted showing the best varieties of the various vegetables and the maturing time of each variety. A blank space was left for the member to fill in the time of planting. This record will not only be a help to the member in knowing when to expect to harvest each vegetable, but will serve as a planting guide next year. The members were much pleased with these vegetable variety calendars.

VI. A. 1. a. (1) Production (continued)

In addition to the study made during the months of January and March, a garden chairman was appointed in each club to give timely information on gardening at each meeting. Two meetings were held in the county by Mr. L. C. Beamer, Vegetable Specialist from Blacksburg, to train these chairmen. Special folders of gardening material were given each chairman with the information for them to give to their club members at each meeting.

A poultry chairman was appointed in each club to give timely information on poultry at each club meeting. Mr. Harry L. Moore, Poultry Husbandman from Blacksburg, held two meetings in the county to train these chairmen. Importance was placed on increased quality of poultry rather than increased flocks, considering the feed shortage at that time.

The figures on a questionnaire sent to Home Demonstration Club members show that food production this year was as great as that of last year. Gardens were better, and of course, there was an abundance of fruit to can this year and a shortage last year. Last year only 33,616 quarts of fruit were canned. This year there were 44,398 quarts of fruit. There were 49,398 quarts of vegetables canned last year and 44,785 canned this year. Last year 7,836 quarts of meat were canned and 7,856 quarts this year. Forty-five families reported having made 250 pounds of American cheese.

VI. A. 1. a. (2) Conservations:

More work than ever has been done on food conservation this year. The club members, as a whole, are thoroughly familiar with the approved methods of food preservation and conservation, as these demonstrations have been given in the clubs for two or three years in succession.

This year the importance of a well-planned food preservation and conservation program was stressed. Each member was given a canning record sheet on which was listed the different fruits, vegetables, and meats to be canned and the requirements of each per person. A space was shown for the member to work out her canning budget and another space in which she might keep a record of the canning done during the year. These records were turned in at the end of the year, and in this way we got a fairly accurate figure for the food preservation of club women.

As soon as the canning budgets were made, each member was urged to check her canning equipment to be sure she had enough on hand to do the canning she planned to do. The members were urged to purchase their canning equipment early.

The club members have been given the latest information on methods of food preservation and conservation. Emphasis has been placed on saving food value and preventing food spoilage. A special demonstration was given showing the use of the different types of jar closures on the market

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VI. A. 1. a. (2) Conservation (continued)

now, and the importance of using them correctly. Much of last year's spoilage was due to improper seal because people did not follow directions received with jar closures. The directions were given on all containers this year. Both spoilage and accidents were fewer this year.

Because of the importance of conserving all food possible, the home demonstration club members were asked to train the non-club members in their communities in approved methods of food preservation. This has cut down waste from spoilage as well as waste in the garden. In some clubs, the members planned special demonstrations for groups of non-club members. In other clubs each member pledged to train one or more of her neighbors in her kitchen while she did her canning.

By the organized clubs taking the responsibility of getting this information to the non-club members in their communities, it left the agent more time to work in those communities where no clubs are organized. So far as we were able to estimate, all families in communities having Home Demonstration Club organization were reached with direct information or a demonstration on food preservation. In connection with the agent distributed to 4-H and Home Demonstration Club members and leaders 600 copies of "Home Canning of Fruits and Vegetables", AWI-93. This bulletin, because of its simplicity and illustrations was delightful to use.

VI. A. 1. a. (2) Conservation (continued)

In addition to the food preservation program, we have stressed all year, that no food should be wasted. When the Basic-Seven Food Groups were studied in December, it was brought out that our meals should be so planned that the family would be well-fed, but so that no food would be wasted.

In the material prepared for the use of the health chairman in each club, one month was devoted to the study of stopping food waste. Methods of cooking foods in order to save food value were given, the "clean plate" rule was put into effect in each family. Proper storage of foods and use of leftovers was included in this material. A sheet of recipes showing how to save food values was prepared and these were given to all women and girls.

(3) Nutrition:

Good nutrition has been stressed in all of our work this year. The month of December was devoted to the study of the Basic-Seven Food Groups in all of the home demonstration clubs. In planning the gardens in January, the importance of producing enough of each food to meet the family's requirements was emphasized. In May when the food preservation and conservation demonstrations were given, the members were given blanks and urged to work out a canning budget to take care of the family requirements in the different food groups. They were also asked to keep a record of the dif-

VI. A. 1. a. (3) Nutrition (continued)

ferent foods canned in order to be sure to preserve enough of each required food.

The material presented by the health chairman in all clubs during the month of October included a review of the Basic-Seven Food Groups and a quiz on vitamins. Such a check-up as this serves as an excellent review of things learned about vitamins and nutrition.

b. Clothing:

(1) Consumer Problems:

At the training meeting and at the Home Demonstration meetings, consumer problems were emphasized throughout the teaching. Both good and poor buys in garments were shown and discussed. Included in these discussions were labels, ceiling prices and war production regulations. Quite a lengthy study was made of substitute fabrics and the combinations found on the market. Samples were exhibited and advantages and disadvantages were brought out.

(2) Conservations:

(a) Woolen Garments:

Throughout the year the agent has given individual assistance in the conservation of woolen garments. This included storage and how to get rid of household insects, particularly the clothes moth. The U.S.D.A. bulletin was distributed to club members. At the same time laundering and dry cleaning were considered and their importance in connection with storage of clothing.

VI. A. 1. b. Clothing (continued)

(3) Construction:

(a) New Garments:

The open meetings in three of the clubs were devoted to clothing construction. In one club they had the construction of work garments. Each member made a work garment according to suggested patterns and these garments were exhibited and judged. In another club a demonstration was given on finishes for clothing including all types of button holes, plackets, and hems.

(b) Remodeling Clinics:

The Home Demonstration club topic for the month of september was on Clothing Construction and Remodeling. The remodeling was emphasized in all clubs. Fourteen clubs held all day meetings to which the members were asked to bring their clothing problems. They brought dresses, coats and hats. These were restyled and new garments designed from the old. Ladies' suits and children's clothes were cut from men's suits and coats. Both leaders and agent assisted with the clothing project, because in most cases it took both.

The leaders were trained in August by Miss Iva Byrd Johnson. Leaders from fifteen of the seventeen clubs were present.

In October the agent made a check on the remodeling problems. The following are the results:

VI. A. 1. b. (3) (b) Remodeling Clinics (continued)

36 hats remodeled and redecorated
115 dresses restyled
16 coats made over
54 children's garments made from old garments.

c. Houses:

Housing was the Federation Goal and is discussed under that topic on page 20.

d. House Furnishings:

(1) Conservations:

Twenty-four home demonstration club members were assisted by the agent with conservation of house furnishings problems. Four Home Demonstration Clubs held demonstrations on Room Improvement at Low Cost. These were held in July, which was left open in the county program. One Home Demonstration Club had a demonstration on chair seating.

(2) Constructions:

Two of the open meetings held by the clubs were devoted to construction of house furnishings. In one club an old dresser was remodeled and two end tables made. The other demonstration dealt with construction of pot racks and hanging shelves.

e. Home Management:

(1) Household Equipments:

On May 19 a pressure cooker clinic was held in Abingdon

VI. A. 1. e. (1) Household Equipment(continued)

by Mr. Keeling of the National Pressure Company and Mr. Yancey of the Kerr Glass Manufacturing Corporation to test both gauges and valves on pressure cookers in the county. A total of forty-seven cookers were tested and the parts which were needed ordered. The agent had a testing gauge for one week in September. This was used at four Home Demonstration Club meetings testing six pressure cookers.

(2) Kitchen Arrangements:

Six of the home demonstration clubs had meetings on kitchen arrangement to save time and energy. In addition to these demonstrations, the agent assisted five members individually with kitchen arrangement.

(3) Storage:

Twenty-four families have been assisted individually by the agent regarding storage problems.

(4) Home Accounts:

Four home demonstration club members were interested in keeping home accounts this year. We were unable to obtain a farm home account book for one of them to keep her records in, but the other three are doing nicely with their records.

(5) Home and Farm Unit Demonstrations:

We have only two active home and farm unit demonstration families this year. These families have been assisted in keeping their record books.

The Gose family was assisted in making slip covers for porch furniture and in arranging the living room furniture.

VI.A.1.e.(5) Home and Farm Unit Demonstrations(continued)

The Gobble family have made plans for built-in storage space and to throw an unused dark hall into the living room.

(6) Time and Energy Management:

The Home Demonstration topic for November was on Time and Energy Management. There was no training meeting for this, so the agent had to train leaders to give the topic during her absence at the state conference. Because of the difficulty leaders had with the subject, the agent conducted the discussion in all other clubs. The topics emphasized were (a) Planning the Homemaker's Time; (b) How to Live More Efficiently and Satisfactorial on Twenty-four Hours a Day; and (c) Posture in Household Activities, Working, Pushing, Lifting. The agent demonstrated body mechanics for these activities and the part they play in health and appearance.

Each woman was asked to make a time schedule of her activities to experiment with it for a month and to report improvements at the next meeting.

All of these meetings were well attended and interest ran at a rather high level.

f. Consumer Problems:

(1) Foods:

Information on consumer problems, rationing and price control was given throughout the year by agents and leaders.

(2) House Furnishings and Equipment:

Individuals were assisted in buying house furnishings in a few cases. These people were in great need of furnishings, but

VI.A.1.F. (2) House Furnishings and Equipment (continued)

were encouraged to buy as little as possible because of shortages and inferior materials.

2. Home Demonstration Club Activities:

a. Federation Goals:

The Home Demonstration Committee selected Health as the Federation goal in the county for 1944. This goal has two objectives: (1) Every family prepared to care for its own first aid and home nursing; and (2) Americans stronger through right eating to render maximum war-time service.

A health chairman was appointed in each club and one for the county as a whole. The home agent and the county health chairman worked up folders of material to be used for reference by the health chairmen in giving information on this goal to the club members at each meeting.

Under the first phase of the Health Program the following items were included for study:

- (1) Medicine Cabinet
 - (a) Items which should be included
 - (b) Safety in the medicine cabinet
 - (c) First aid for accidental poisoning
 - (d) First aid quiz
- (2) Communicable Diseases Among School Age Children
 - (a) Immunization
 - (b) Sanitation in schools
- (3) Hospital Homemade Helps

VI.A. 2. a. Federation Goal (continued)

The second phase of the Health Program, Americans stronger through right eating to render maximum war-time service, includes the followings:

- (1) Review of Basic-Seven Food Groups
- (2) Vitamin Quiz for Members
- (3) Vitamin-saving recipes
- (4) Stop Food Waste
 - (a) Methods of cooking to save food value
 - (b) Clean plate rule put into effect in each family
 - (c) Ways of saving left-overs
 - (d) Careful storage
 - (e) Stop Food Waste Quiz

A special check list has been prepared for the chairmen to report accomplishments of club members during the year. The chairmen felt that they and the members could do a much better job by knowing exactly what was expected of them.

The women were very interested in this work throughout the year. They used the excellent material to a great advantage. Two hundred members installed medicine cabinets. A pre-school clinic was held in the county by the Public Health Department in May and a number of the club members took their children to the clinic for immunization against communicable diseases. The chairmen, whenever possible, were nurses and many of them made outstanding contributions in handling this subject.

Housing - "Safety"

Housing was the Federation Goal for this county in 1943, but the Home Demonstration Committee felt that there was still much that

VI.A.2.a. Federation Goal (continued)

could be done toward this goal, so it was selected as our minor Federation Goal for 1944.

A Housing chairman was appointed in each club and one for the county as a whole just as for the Health Goal. Material was given to the chairmen to be given at each club meeting.

This was a two-part program also: (1) remove all possible accident hazards at home; (2) train the family in safety habits -- so they instinctively follow safe methods. A check sheet for the home was prepared for each member. On this check sheet were thirty-six questions regarding accident hazards which for safety, should be answered "yes". Each member was asked to mark the questions which she could answer "yes" at the April meeting and to keep the list and mark it as each improvement was made. The chairman of each club sent in a report of the number of members answering "yes" to each question at the April meeting, and another full report was sent in in November. This gave the improvements that were made throughout the year. A total of 1,800 accident hazards were removed from homes during the year. Other small improvements made during the year totaled 1,670. The members were pleased with the results and the chairmen made excellent use of the very good material prepared for them in the beginning of the year.

b. Campaigns:

All of our work this year has been a step toward the county campaign goal, "No member of any Home Demonstration members' family in the 3,000,000 undernourished Americans."

VI.A.2.b. Campaign (continued)

A study was made of the requirements per person of the various foods, Basic-Seven Food Groups, at the December meetings. In January plans for gardens were made by the members -- plans that would produce sufficient amounts of the required foods to supply the family adequately. This was followed up in March by a study of planting and cultivation of the garden. The May and June meetings were devoted to food conservation and preservation. Special emphasis was put on the requirements per person for the various foods in planning the years food preservation and conservation.

The members have been interested in this work and the agent feels that every home demonstration member's family has had a better-balanced diet as a result of the emphasis that has been put on its importance this year.

3. Brief Account of Year's Work of One Outstanding Club:

It is very difficult for this agent to say which is the outstanding club, because there are so many good ones.

Two of the clubs in the county are participating with the Twin City Service in Bristol. This organization serves food to service men passing through on trains. The food is donated by firms and individuals. One club furnishes eighty dozen cookies per month. The other club furnishes eggs. They have donated dish towels to be used at the center where the foods are prepared and served.

A contribution of \$139 was made by the clubs in the county to the State Ambulance Fund.

B. Agricultural Board:

There were three meetings of the county board of agriculture for the purpose of launching the Food Fights for Freedom Program. The cooperation of

VI. B. Agricultural Board (continued)

the board members was good and it was felt that an excellent job was done in getting the information to the families in the county. It is estimated that 5,884 families were reached by the community and neighborhood leaders.

C. 4-H Clubs:

1. Project Work:

There are a total of 285 members in the fifteen organized 4-H Clubs for girls. These members are taking a total of 398 projects. Due to the war, special emphasis is being put on the projects dealing with food. Each member is required to take at least one of the victory food projects, and she may take more if she likes or as many of the other projects as she feels she can carry. The younger members are encouraged to take only the one project required, but of course, the older members can easily carry two or more projects during a year.

As the victory food project is the required one, the members were urged this year to start the work on their victory food projects first.

a. Food Projects:

(1) Bread:

This was the most popular of all the projects. A total of 144 members chose Bread Making as their victory food project. One hundred and ten girls completed the project. Demonstrations on bread making have been given in the clubs either by the leaders or by the home economics teacher in the community. The club members have made the different

VI. C. 1. a.(1) Bread (continued)

kinds of bread and brought samples to the club meeting to be judged. The girls learned to judge quality from these meetings.

The agent was much pleased with the interest of members and with the work done on the Bread Making project. As a whole, the bread made by the club members was of a very good quality.

(2) Canning:

There were forty-nine club members taking canning. The work on this project was conducted during the summer. Canning budgets were made and brought to the club meetings for the agent and leaders to check. Canning demonstrations were given by leaders during the month of June. The members were a great help to their mothers in doing the family canning this year.

(3) Milk-Butter-Cheese:

There were twelve members taking the Milk-Butter-Cheese Project. All but two dropped by the wayside, as only two completed. There seem to be very few girls who take the responsibility of milking and caring for milk. Also they ran into difficulty in making cheese. The leaders were not prepared to teach cheese making.

(4) Stop Food Wastes:

There were twenty-four members taking this project, and there were twenty-four completions. These requirements were easier to meet and many of the first year members took this project. There was just enough food preparation to interest these young members.

VI.C.l.a.(5) Garden:

Thirty-nine members took the garden project and only fifteen completed. A plan of the garden was brought to the club meeting and checked by the agent and leaders. The members were given the victory garden signs to post which created much interest throughout the growing season.

(6) Egg Production:

There were four members taking the egg production project. The layers were obtained and the members kept records.

(7) Chick Project:

Fourteen members were enrolled in the chick project. The chicks were obtained and there were ten completions.

(8) Special Poultry:

There were two members raising turkeys under this project.

(9) Pigs:

There were eight 4-H Club members carrying the pig project. The farm agent supervised these. They carried other projects under this agent's supervision.

b. Other Projects:

(1) Child Cares

There were thirty girls enrolled and thirty completions. This was an easy and practical project, since many girls with young children in the family had the responsibility of these children during the summer months. They found the project helpful and the requirements simple to meet.

(2) Housekeeping:

There were forty-six members enrolled and thirty completions. This was one of the most helpful projects. So many 4-H Club girls

VI. C. 1. b. (2) Housekeeping (continued)

had the entire responsibility of the house during the summer months. Leaders and older club girls gave interesting demonstrations on Setting the Table and Table Manners as well as Room Arrangement and Improved Methods of Dish Washing.

(3) Clothings:

There were 43 members enrolled and 30 completions. A total of 56 new garments were made. Most of these were very simple garments, but a few of the older members made all of their clothes during the summer months. Two girls prepared their college wardrobes.

(4) Home Accounts:

One hundred and fifty girls kept personal accounts. Thirty of these kept accounts for twelve months, and the others for a shorter period.

There were seven girls enrolled in Home Laundry and one in Home Storage. Project completions were not as good as we should have had. In some cases where so many of the girls were beginners, standards were lowered. This was thought advisable in the case of the bread project, because it was hard for the beginners to make yeast bread. The agents and leaders regretted not having more time for individual instruction. Attendance during the summer meetings was less than 10%, and this made it very difficult to reach the girls with the necessary instruction for project completion.

2. Personal Appearance:

In addition to the regular project work, the agent worked up a series of short demonstrations on good grooming to be given at the club meetings. This type of information is badly needed in most of the clubs.

VI. D. Other Work Done by Home Demonstration Agent:

1. County Home Economics Workers:

Two meetings of the home economists in the county were held. One to start the work on the special nutrition program in the county and the other to work out means of getting food conservation information to communities in which there were no organized home demonstration clubs.

The home economists as a whole have been most cooperative and in two schools, the home economics teachers gave the Bread Making demonstrations for the 4-H Club girls.

2. County Nutrition Committee:

Washington County was one of the counties in Virginia selected by the State Nutrition Committee to do special nutrition work. The home agent was asked to serve as chairman of the County Nutrition Committee.

A meeting of the County Nutrition Committee was held March 8, 1944 to make plans for the County Nutrition Program. The committee decided to concentrate on the following:

- a. To participate in local food production and preservation;
- b. To promote a campaign against food waste;
- c. To promote the quality and selection of food served in public places.

As a result of the planning done at this meeting, a demonstration on the Basic-Seven Food Groups and Stop Food Waste has been given in twenty-two schools in the county with a total attendance of 2,052 pupils and teachers. In four of the schools this demon-

VI. D. 2. County Nutrition Committee (continued)

stration was given by the home economics teacher in the school, the remainder were given by the home agent and the Farm Security Administration home supervisor. The agent gave fourteen of these demonstrations with 1,061 attending.

A large Basic-Seven poster was placed in every school lunch room in the county as a constant reminder to children buying lunches. The teachers were asked to follow these demonstrations up with their pupils in their health work. In several instances the teachers did find work on this program and the children became really "Nutrition Conscious". Enough folders on "Stop Food Waste" and the "Wartime Nutrition Guide" were left in each school for one to be given each family.

The county public health doctor, who is also a member of the County Nutrition Committee, visited all of the eating places in the county and discussed stop food waste and posted one of the Basic-Seven posters in each place.

On April 29 another meeting of the committee was held to make plans for getting information on food conservation to all communities in the county. It was decided that the home demonstration club members would have the responsibility of getting this information to the communities in which there are organized clubs. Arrangements were made to reach all of the other communities with a demonstration during June or early July. In a few cases these demonstrations were given by the home agent, but in most cases they were given by home demonstration club members, 4-H Club members, or community and neighborhood leaders who were trained to do the work. One home economics teacher took charge of the demonstrations in her community.

VI. D. 2. County Nutrition Committee (continued)

During the month of September, added emphasis was placed on Nutrition in connection with the school lunch rooms throughout the county. The agent visited as many lunch rooms as possible and discussed luncheon planning with the people in charge. These women were assisted with literature and luncheon menus. For the most part, the lunch rooms are doing an excellent job. In some instances they are unable to buy milk. This is because most of the local supplies are sold to the Abingdon Pet Milk Company. The lunch rooms are supervised and the children are improving in their eating habits.

A member of the nutrition committee investigated conditions in one school and found that the hot lunch was the only hot meal that some of the children had during the day.

3. Office of Civilian Defense:

The home agent has served as Nutrition Chairman for the Office of Civilian Defense. Much literature has been distributed for the office.

4. Rationing Boards:

The home agent has acted as Consumer Relation Specialist for the County Rationing Board with the specific duties of getting educational information concerning rationing before as many groups as possible in the county. The agent has found that this was of particular interest to all clubs, and it was felt that the time spent was well worthwhile. This information was along lines of rationing and price control which fitted into the Consumer Education work.

5. War Bond Committees:

The home agent has served on the County War Bond Committee, Additional and new information on the sale of war bonds and stamps has been

VI. D. 5. War Bond Committee (continued)

the specific job of this committee. Each club had a war bond chairman that collected and reported regularly the number of club members buying bonds and the approximate amount they were buying. These reports were made to the county war bond chairman for Home Demonstration Clubs, and she in turn reported it to the County War Bond Chairman and Home Agent. The last report made this year showed \$83,540.25 worth of bonds purchased by club members. These chairmen said that a number of bonds had been bought which had not been reported.

During the month of November the chairmen were active again. They gave out blanks for the purchase of bonds and asked the women to give bonds for Christmas presents.

The County War Bond Committee sponsored a victory exchange in Abingdon for one month. Each organization was asked to contribute articles to be sold and to furnish some workers for the victory exchange. Many of the club members furnished articles for sale and the agent arranged for one club to have charge of the victory exchange for one day. Persons to whom the articles sold belonged, were repaid in war stamps.

6. Red Cross:

The home agent and the organized clubs in the county have assisted the Red Cross Production Chairman with sewing and knitting. The following articles have been made: 1,140 kit bags, 300 kit bags with aprons, 42 bed pan covers; 36 bedside bags, 14 knitted scarfs, 30 sweaters, and 24 quilts were made and donated by the clubs. The agent distributed these materials, assisted in the cutting and collected them after they were made.

VI. D. 7. Welfare Departments

Two demonstrations have been given by the home agent to the staff of the Public Welfare Department, one on planting and cultivation of a year-round garden and the other on food conservation. The Superintendent of Public Welfare asked that the home agent give these demonstrations to the workers in order that they might be better equipped to help with this work, on food production and conservation.

Plans were also made with the Welfare Department for the Welfare clients to be reached with the Food Conservation information by the organized clubs in the county. The club leaders gave some of these demonstrations and one canning demonstration was given by the agent to welfare families.

The agent assisted the local colored school in planning for a school lunch room.

VII. APPRAISAL OF THE MOST SIGNIFICANT CONTRIBUTION TO THE COUNTY IN MEETING WAR NEEDS; WHICH WAS MADE BY THE HOME DEMONSTRATION CLUBS THIS YEAR:

Perhaps the greatest contribution to the war effort has been in improved nutrition; increased production and conservation of food. Both figures and observation prove this fact. As a result of the Nutrition Program rural people are having better-balanced diets. Three hundred and fifty families reported having better-balanced diets through increased production and the study of food values. This does not include the 2,000 public school children who were reached through the classes on The Basic-Seven and through the school lunch rooms. Less food waste has come as a result of the constant effort of 4-H and Home Demonstration leaders.

In addition to this, the Home Demonstration Clubs have been concerned with postwar planning. Preserving Values in Family Life was the topic

VII. (continued)

for the month of September. This discussion included the treatment of the returning soldier as well as the rehabilitation of the soldier. The object of these discussions was to bring the individual to realize the importance that the home and the community will play in the rehabilitation of soldiers and their families.

The recently appointed War Information Chairmen have been advised by the planning committee that all information brought by these chairmen will be directed toward postwar planning and the part of the rural community in the building of the peace.

VIII. CONTRIBUTIONS MADE BY ASSISTANCE OF EMERGENCY CLERICAL WORKER RENDERED AGENT:

It is hard to estimate the great amount of assistance this agent had had from the emergency clerical worker. The present agent began work the first week in July. The first and most important job was to get acquainted in the county. This is a large county and there are about forty organizations. This meant that the agent had very little time to spend in the office, and during the summer months there were many telephone calls requesting information on canning. The clerical worker took care of these calls and gave out much information this way. Now that the agent is acquainted and that organizations are running along smoothly, the agent still has a minimum amount of time for office work. The clerical worker takes initiative in mailing materials to leaders and even assists in preparing this material. All of this she does in addition to the regular clerical work.

Mrs. Sheffield, the emergency clerical worker, attended all of the leader training meetings on the topics of food production, food preservation and storage. She would be able to conduct meetings and give demonstrations on any of these subjects if it were necessary.