

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
TAZEWELL COUNTY
VIRGINIA

1944

Miss Frances Odom

Home Demonstration Agent

December 1, 1943 - November 30, 1944

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III. SCOPE OF WORK

- A. Home Demonstration Clubs
No. 13 Membership 255
- Other groups sponsored by home demonstration agent
No. Negro: 1 Membership 23
- B. A-H Clubs
No. 13 Membership 205
- C. Older Youth Groups
No. 1 Membership 25
- D. Number reached through special classes taught by agent 20
- E. Number reached through neighborhood and community leaders 600
- F. Estimate total number of families reached 1040
Number farm families in county 2198

IV. ORGANIZATION - Changes and new developments

A. County Home Demonstration Committee

The membership of the committee is made up of the presidents of the 13 home demonstration clubs, two members of the Executive Committee who are ex-presidents of their clubs, and the County Federation Goal Chairman, making a total membership of 16. The Executive Committee is comprised of the Chairman, Vice-Chairman, Secretary and Treasurer, of which two are elected each year. This year the Chairman and Treasurer were newly elected. Some home demonstration women who have been helping promote the work for years are invited to attend the annual planning meeting as members at large.

The function of the committee is to make and help execute plans for carrying on the home demonstration work in the county. The committee meets once or twice each year. This year only the Executive Committee met for the Spring meeting at which time a general check up on the year's program and its progress was made. This group met again in September and made definite plans for the fall meeting of the entire County Home Demonstration Committee which is the County Home Demonstration Committee Planning Meeting. This Planning meeting was held in October with an attendance of 16, some of whom were newly elected presidents who are preparing to take office at the beginning of the new year.

This meeting was conducted by the Chairman of the Committee assisted by the County Home Agent and the District Agent. The purpose of the meeting was to discuss and determine the county situation and needs in relation to the home demonstration work and to plan a month by month program for 1945. The delegate to the State Federation Meeting gave a report bringing in the recommendations of that group. Each president of the clubs, brought suggestions and requests from her club, which resulted from discussion of present situations, needs and desires of individual members at the August club meetings. With this information in the round table discussion, the program of work was planned for the following year. Since food was given greatest consideration last year, there was a desire for more help on the clothing situation this year. Consequently, 3 meetings were given to clothing. There is also a need felt for improving the home with what we have without buying new in wartime, and demonstrations were planned for repairing and refinishing furniture and arrangement of the house. Other demonstrations planned are on Health, Meal Planning, Food Preservation, and Home Laundry.

The committee selected Health as the Federation Goal again, since they wish to continue some of the work done on it last year. They set up County Goals for all clubs to work toward. They appointed a committee to plan the H. D. Club Yearbooks. This has been done and the Yearbooks will be distributed at the December Meetings. The Treasurer's report was satisfactory and the same plan was adopted for taking care of county expenses such as that of the county training meetings and sending delegates to the State Federation Meeting.

B. County Agriculture Board

The Tazewell County Board of Agriculture is made up of the Chairman and Co-Chairman of each of the 15 communities of the county, making a total of 30 community chairmen - 15 men and 15 women. The communities are divided into 79 neighborhoods. The Neighborhood Leader set up has not been completed and some Neighborhoods do not have leaders. In others they are working very well. The organization has been used this year to promote the Food Fights For Freedom, including the Production Goals. Following the County Meeting of the Board of Agriculture, meetings were held in several communities. The Board has also assisted in the Bond Drives. In some communities, the Red Cross Drive was worked by the Community Chairmen and Neighborhood leaders. The Professional Workers have assisted in the various communities with these programs.

C. County 4-H Council

There had been no 4-H Council in the County for two or three years. In February, a meeting was called for the purpose of organizing one. This meeting was attended by 21 girls and 3 leaders. The State Girls' Club Agent was present and assisted in the organization. The program set up for the year included training officers for conducting meetings, following definite plans in project work, club picnics for a summer month and Achievement Day in October.

The girls have learned much about conducting their meetings and are still learning. It has been necessary to give a great deal of time to this, and to keeping of record books. Some of the project work was carried out very well while other was very poor. This was due in part to a larger percentage of the enrollment being new members. All of the clubs except two, held their summer picnic. Where it was possible, two or more clubs had joint picnics. These were greatly enjoyed and increased interest in the club.

The council held its second meeting of the year in July. At this meeting, two of the girls who had attended the State Short Course at Blacksburg in June, gave reports on the Short Course and each gave a demonstration on something they had learned during their week there. Two former All-Star members attended this meeting and talked to the group about what it means to be an All-Star member. Following the program, plans were made for Achievement Day and for prizes to be awarded with the contribution from the Bankers of Tazewell County for promotion of 4-H Club work.

4-H Achievement Day was held the last Saturday in October with 150 present representing 12 clubs out of 13. A program was rendered in the morning in which each club participated giving entertainment features in addition to reports of their achievement for the year. Recognition was given to the out standing clubs and leaders. In the afternoon, a program of recreation was enjoyed.

This Achievement Day Program, being the first since the war began, has given a boost to club work and was considered worthwhile.

D. Professional Workers Council

The Professional Worker's Council is made up of Agriculture and Home Economics teachers, Farm Security, Farm and Home Supervisors, A.A.A. Clerk, a banker, the County Board of Supervisors, the chairman of the Agriculture Board, the Superintendent of Public Welfare, and the Extension Farm and Home Agents of Tazewell County

The Council has held only two meetings this year. In the December meeting, the program was a discussion of the County Welfare program of the county

by the Superintendent of Welfare. The January meeting was given to plans on the War Bond Drive in which each worker participated. Regular monthly meetings were discontinued and the president has never called a meeting since, though it has been suggested by the home agent, who is secretary and helped arrange for programs, sent out notices and kept the minutes.

V. LEADERSHIP

A. Adult Work

Each of the 13 Home Demonstration Clubs has the following officers: President, Vice-President, Secretary - Treasurer. Some clubs have a reporter and others let the Secretary act as reporter. This gives a total of about 45 officers. There has been one training meeting held with these officers which was attended by 14 presidents, presidents-elect, and vice-presidents. This was the county planning meeting which gave them training in program planning. But there is a definite need for training of the officers for their official duties in the clubs, especially the presidents for conducting meetings. However, some of the presidents have done a fine job as leader of their club this year. Some clubs have elected more capable presidents for next year and there is a trend toward better leadership.

Each club has 2 project leaders whose duty is to attend leader training meetings and give a set number of the demonstrations in their clubs. These leaders were to give or help with 4 of the demonstrations this year. Three training meetings were held by specialists with an average attendance of 10 at each meeting. These leaders gave two days each making a total of 60 days given by project leaders. Several of them did a fine job of giving the demonstration, while others were only fair. They did better in general on the foods demonstrations, but some were very good in assisting with the sewing machine clinics, and repair of household equipment. One leader became so much interested in sewing machine repair, that she not only helped with the clinic in her own club but went with the agent to other clubs and assisted. She also assisted with the demonstration booth on Sewing Machines at the county fair, and has helped neighbors, friends and relatives with their machines. Another leader from one of the most inaccessible parts of the county has attended each training meeting and carried the information back to her club.

The garden and poultry leaders in each club give reports at the meetings. One training meeting was held for them but only 6 attended. They found it very valuable and hope to attend again. These leaders have given approximately 5 days each and have contributed worthwhile information to the clubs.

The Federation Goal Chairman in each club has had charge of the club's goal on Health, the County Federation Goal for the year. In some clubs they have reported progress on the community home nursing kit sponsored by the club. In others, they have reported the club activities on better nutrition. In some, they have been inactive.

The War Information leaders have given good reports regularly in several clubs, which has taken considerable time for preparation. In a few clubs they have failed to respond. But all clubs are continuing this leader another year, as they feel it is a help to have a discussion of such information in their meetings.

The Community Neighborhood leaders have done the job in some communities but in others they have not been working.

B. 4-H Club Work

I. Adult 4-H Leaders

Much time has been spent finding and developing 4-H leaders this year since there were only 2 organization leaders and a few sponsors at the close of last year. This job was rather difficult and slow in progress since the agent was new in the county and in the work, but we now have three organization leaders, 8 project leaders, and 9 sponsors.

All 4-H Clubs except one met in the schools and a teacher in each was used as a sponsor to notify of meetings and arrange for the meeting. They were very cooperative and some gave help on the club programs. Three of them have become organization leaders, through their interest in the club, past experience with it and the agent allowing them to take over as much as they desired. These three leaders have been of great help in the club program this year.

With the clubs meeting in schools, it was necessary to find project leaders who would give demonstrations on bread and housekeeping in their homes for the girls at special meetings. In some cases, women in the H. D. Clubs were used and given training following their H. D. meeting. In others, the agent consulted the teachers about prospective leaders, or talked with the girls about it, then called at the home of the person suggested and talked with her about helping the girls with their club work. Other visits were made to give the training needed for the project work. The agent discussed with leaders the use of the manual and specialists material for leaders, and explained what and how to demonstrate. This worked out well with some and with others it did not work. Adult leaders are harder to train than junior leaders.

The leaders have held 5 regular meetings, 16 special meetings and have given 17 demonstrations. They have given the clubs help in collecting and getting exhibits to the fair. Their efforts in putting over the Achievement Day program were largely responsible for its success. They have aided in salvage programs, as the Hillwood pod collections.

2. Junior Leaders

The clubs had a Junior Leader for each project who reported at each meeting the accomplishments of her project group since the last meeting. They also made arrangements with the adult project leader about time of demonstration and material to use. This gave these leaders training and added interest to the project work. It is hoped that next year, some of the older members will be regular project leaders for younger members.

The club officers being practically all new have had much to learn in conducting meetings etc. They have made much improvement, but have not all done as well as was expected. But they take pride in conducting their meetings correctly. The training has been by the agent in the regular meetings.

The most outstanding accomplishment with leaders was in a club where the teacher takes charge as organization leader, and with her help the Junior project leaders were so well trained, they gave splendid reports on their project work. The officers were well trained too from president to song leader, and were always ready to take charge of their meeting. Then 2 H. D. Club women in the community, were trained as project leaders. The girls in the bread project went to the home of one for their bread demonstrations while the housekeeping group went to the other for their demonstrations. The agent did the project instruction in clothing, garden, and poultry. This club had the largest percentage of completed projects, which was due to good leadership.

C. Older Youth

The one Older Youth Club in the county has no adult leader except the County Home and Farm Agents. But within their own group, they have capable leadership in three young lady teachers and others with leadership ability. The program of work was planned by the Home Agent and with some help by her and the Farm Agents, has been well carried out. The group is to be commended on how well they work together and follow leaders.

VI. RESULTS

A. Home Demonstration Clubs

1. Project Work

a. Foods

(1) Production

In the early part of the year, the Food Fights For Freedom program was stressed in the clubs. The need for a greater food supply for the war effort, and a record production in 1944 was emphasized, through printed matter that was distributed, and discussion and quiz contests.

The Garden Leader in each club was furnished a folder of late material on gardening compiled by the specialists. This was used for garden discussions each month. In May, the Garden Leaders attended a training meeting, which gave them new and later information, and inspiration to put more into their monthly reports. The agent has written the leaders letters giving suggestions and aid in these reports. In this way, the members have had information on production of vegetables throughout the year and the women are always anxious to learn anything new on gardening. Four of the garden leaders have served as demonstration gardeners. The agent worked with them on their garden plan in the Spring and encouraged them to follow practices recommended by the Extension garden folder as much as possible. None of these gardens proved to be models, but three of them were excellent, and the other showed improvement over last year. Some of the things they did were to use better seed and fertilizer, practice shallow cultivation and weed control, grow a new vegetable or two, practice better insect control, plan for a better fall garden and storage, and sow a cover crop. (The seed for the cover crop was contributed by a local banker who is interested in better gardening). Soy beans, broccoli, spinach and okra were grown for the first time, and very successfully. One of the gardeners was well pleased with her increase in cabbage yield from using a yellows resistant variety. Another one bought a good sprayer as a result of the work. Three of these gardens were visited by the club, and the other one is right on the public road. The spread of influence is already noted, but is expected to show up more next year.

Five of the clubs had Gardening as their club choice demonstration in May and this aroused more interest in doing a better job of gardening. Sixty-six have raised more vegetables and had a better garden this year. Forty-five have planted a fall garden other than turnips. Everyone reports a good home food supply this year with the exception of potatoes and corn for canning which were affected some by the drouth. Many have sold vegetables, fruits, poultry, and dairy products in the coal camps.

(2)

Conservation

In the beginning of the year, we stressed in the clubs the fact that food conservation would be more important this year than ever. The figures we have on the percentage of our food required for carrying on the war and on the amount we have been wasting were convincing. We planned to conserve food by better cooking practices. We had demonstrations on Wartime Cookery and Cooking to Avoid Waste. In these the women learned more about conserving food and food value. Leftovers were used to prepare nutritious dishes. Vegetables were prepared so as to save all of the product and all of the nutrients. For example, potatoes were baked in the skins and green vegetables were cooked a short time in small amount of water. The women agreed such methods would conserve time and energy too. In the September demonstration on The Packed Lunch, saving food was stressed again in packing attractive and adequate lunches that will be eaten rather than wasted as many are. Seventy-five women have reported trying new suggestions in food preparation, 48 having packed better lunches, 80 having reduced food waste in their home, 31 having had a "leave a clean plate" campaign in their home.

Food preservation demonstrations were given in July in all clubs and information was given to other groups and to many individuals. Food preservation standards in this County are good, but there is need for improvement in methods and in equipment. The latest recommendations by the Extension Service on equipment and methods were taught. The use of the pressure cooker was demonstrated and it is believed that a considerable amount of prejudice toward them has been broken down. All available cookers were purchased. The agent taught some of the purchasers to use them. One club bought one for all members to use since they are unavailable for all individuals. Jar lifters and wrenches recommended by the specialist were obtained and distributed to the women. Various kinds of equipment for canning, drying and sulphuring were displayed in a booth at the fair by the home demonstration clubs.

The one community cannery in the county at Cedar Bluff opened about September 1, 1943. The patronage has been increasing gradually and this year, it has served a large vicinity reaching into other counties. Many farm people are finding it of great value to them in caring for their meat and lard.

(3) Nutrition

The subject of nutrition had its share of attention as usual in all foods demonstrations. The Basic 7 chart became a familiar picture to the club women. In the March demonstration, they helped plan a day or two of menus by following the Basic 7, working into the menus the dishes prepared in the demonstration. Again in April, Nutrition was emphasized when demonstrating cooking to save all nutrients in our food. Then in the Packed Lunch demonstration, the fact that the lunch must carry its share of the days requirements was an important point. Discussion was also given on the importance of a nourishing breakfast for the school child who is inclined to rush away without any, and the necessity of a good supper if the child is to develop into a physically fit and mentally alert citizen of the future. The effect of good nutrition on the service man is having much influence on awakening people to the need of better nutrition.

Many of the women have planned meals by the Basic 7, and more and more are using whole wheat bread or cereals. Even where they have food dislikes, they are trying to work the necessary foods into their family's meals. Forty-four report having grown and learned to eat one or more new vegetables this year. These vegetables are soybeans, carrots, broccoli, andokra.

Two clubs arranged an exhibit at the county fair that attracted much attention to nutrition. They made a large Basic 7 wheel on a table and placed the actual foods in each group. The poster above carried the slogan "U. S. Needs Us Strong - Eat the Basic 7 Every Day." Leaflets on "Nutrition in Wartime" were given to passersby.

b. Clothing

(1) Consumer problems

Since there were no demonstrations on clothing this year, information on this was given mainly through the War Information leader in each club. Sometimes the leaders report took the form of a discussion by the group. Several bulletins, leaflets, etc. on these subjects have been given to club members during the year.

(2) Conservation

(a) Woolen garments

Little time was spent on this since much time was given to it last year. However, help has been given whenever asked for. The women are quite conscious of the importance of conservation of clothing and much making over and redyeing has been done. The agent has given help on patterns and dye, and recommendations on laundering or dry cleaning.

(b) Sewing Machine Clinics

Sewing Machine Clinics were held in the clubs in June. The farm agent, one agriculture teacher and the F.S.A. Home Supervisor attended the training meeting and assisted the home agent with the clinic in a few of the clubs. Ten local leaders attended also and helped with the clinics. Around 75 machines were cleaned and repaired and the women trained are continuing to teach others. This proved to be the most interesting and worth while project of the year. Some of the women felt that it was worth more to them than anything they have had for a long time. One lady whose machine had not worked for a long time, stated that the day at the clinic was worth ten dollars to her. Many of them were well pleased over learning things about their machines they had not known before. They were also pleased to get replacement parts for their machines that they had not known where or how to get. Several machines that were not working at all were put in order for women who were anxious to use them. Others said they saw great improvement in their machines. A number of new members were added to club rolls as a result of the sewing machine clinics.

(3) Construction

Construction of new garments, remodeling and tailoring was not included in this year's program, but the women have been doing much of this following up last year's demonstration on it. They have asked for more of it in next year's program and it has been given a major place.

c. House

(1) House Repair

In the care and repair clinic in October, the women were given an easier method of cleaning, painting and storing their screens for winter. Several who had never done it planned to care for their screens in this way, for they feel the need of conserving them now. They were also urged to repair doors and windows and

use weather stripping to make their houses-tighter and save fuel this winter, thus saving manpower.

(2) Home Safety

Booklets for checking the home for safety were given out, and in the meetings, there was discussion on safety measures, such as making rugs slip proof, making stairways safer, checking fire hazards, and labeling and storage of poisons. Forty-four report having removed fire or accident hazards. Twenty-seven report porches, stairs or basements improved.

d. House Furnishings

(1) Conservation

Clinics were held in each club on care and repair of household equipment. Repairing and glueing furniture was demonstrated and the club members considered this information valuable since much of their furniture is in need of repair and they realize they must make it do for the duration and beyond. Sixty-five pieces of equipment have been repaired. Cleaning and removing spots from furniture was information that appealed to the women too. In one club, the House Furnishings Specialist held a clinic on refinishing furniture. Twelve women worked in the clinic and five pieces were cleaned and put on the way to being refinished. This aroused interest in refinishing furniture and more of it is to be done next year.

(2) Construction

No demonstrations were given on construction of furniture, slip covers, curtains, etc., but help has been given in different ways. Several women have made attractive curtains from unbleached muslin for living, dining, or bed rooms. Kitchen curtains are made from feed bags. Window shades are mended and ends reversed to make them last longer. Some have made rugs from old clothing.

e. Home Management

The work that was done on household equipment has been given under furniture repair. Some few who have asked for help on kitchen arrangement have been given suggestions. No help has been given on home accounts to adults. The agent has visited the home and farm unit demonstrators and gone over plans with them. The Home Management Specialist has been

taken to visit each of them and helped them with their plans. The House Furnishings Specialist was taken to one where work was done on refinishing furniture and a home improvement program was started. Each of the demonstrators have made improvements this year.

The November demonstration on time and energy management were regarded as very timely by the homemakers. Lack of time and energy to meet the present demands that are practically doubled by wartime conditions, is the cry of everyone. So, they have welcomed ideas on this and plan to put them into practice. They in turn contributed ideas to the group from their own experience. Many women who are working out of their homes teaching, nursing or in business, say they have learned to do essential things first. Other members of their families are learning to do more things for themselves too.

f. Consumer Problems

Consumer problems have been dealt with in the demonstrations on various subjects such as foods, house furnishings, sewing machine repair, food conservation and home nursing. Much valuable information on this has come in the War Information reports also. Reports direct from OPR through our local ration board, has helped on this. Articles along this line from the specialists have been used in the Home Demonstration news column in the local paper as much as possible. The agent has assisted several club members in getting useful equipment which was not available locally, such as sewing machine parts and supplies and canning equipment.

g. Markets

There is no organized market belonging to the farm women in the County. However, because of the nearby coal camps and the short distance to the city of Bluefield, the farm people have a good individual marketing system and make a lot of their income in this way. Many who have no way of transportation send things to market by their neighbors.

Mrs. Fred Stowers, farm and home unit demonstrator, does an excellent job of marketing farm produce. She lives where she has easy access to Bluefield and produce is taken there once a week. She raises around 350 chicks each year. Last year, she sold 200 fryers and 150 hens dressed. She keeps 150 hens and last winter was selling 35 to 40 dozen eggs per week. Last year, she raised 122 turkeys and this year raised 150 for the market. They milk 8 cows and sell butter and butter-milk. She sells the perk of as many as 5 hogs. She sells as many as 200 bushels of apples when the crop is good and surplus vegetables from the home garden are sold. This woman works hard, but is happy that she has this opportunity to make money on farm produce. She is very much interested in using it to make home improvements.

2. Home Demonstration Club Activities

a. Federation Goal

Health was selected as the county Federation Goal and the goal committee decided to put emphasis upon community home nursing kits, better dental care and better family nutrition. Each club was to select one of these to work on. Five clubs worked on home nursing kits. They gave a shower for the kits, solicited equipment in other ways and made many things like bandages, pads, sheets and pillow cases. Three clubs have done a good job in assembling the articles needed and have them in the care of a member to be used in cases of illness in the community. One club sponsored a health clinic for inoculations etc. Others worked on nutrition stressing the improvement of family diets by growing and introducing into meals new vegetables and planning better balanced meals. Sixty-six reported having raised more vegetables and a better garden this year.

Two of the demonstrations were on home care of the sick. These included caring for the patient in the bed and preparing trays for the sick. In clubs where home nursing classes had been held recently, First Aid was given instead. Seventy-five reported having used information on caring for the sick. Forty-two improved first aid and home nursing cabinets.

b. Campaign

The County Home Demonstration Committee discontinued the campaign last year and spent the time on the Federation Goal.

c. Other Special Activities

To help make club work assist more people and help win the war, the members have passed on information to people outside the club 810 times and have given 42 demonstrations in or out of the club. Seventy have invited their neighbors to join the club and several have joined. Many have visited and helped the sick. They have cooperated in the salvage programs, especially in saving waste fat. Many of the members have worked in the Bond drives and the Red Cross drives. A great deal of Red Cross sewing and knitting has been done by the clubs. Several members of one club assist with a Service Men's Club.

3. Account of Year's work of one Outstanding Club

Shawvers Mill Club with a membership of 26, has had an average attendance of about 17. The officers have been regular and faithful to their duties. The poultry, garden, war information and Federation goal leaders, have been regular with reports and have given the best reports in the county. They have held four of their meetings without the agent and the leaders or another member who has been trained, gave the demonstrations. The president and two other members attended and assisted with the county planning meeting. One member is on the Co. H. D. Executive Committee and has attended all meetings. The club has cooperated in all club activities of the year. They did the best job in putting on an exhibit at the fair. This club is wide awake and always has enthusiastic meetings. They love club work for they love homemaking and consequently are good homemakers. They assist with the 4-H and Rural Youth Clubs and welcome them to meet in their homes. About three-fourths of the homes in the community are represented in club work, and the members pass on information to non-club members.

4. Account of how a H. D. Club member has adjusted to war conditions

Mrs. Austin of Falls Mills Club, has found it necessary to adjust to war conditions with a farm to operate and two stores to manage, a son in service and only she and husband to keep business going. They feel that they must hold on so that the son will have the business to come back to. She has taken over largely the management of the farm while he takes care of the other business. In addition to managing the farm, she does much food preservation and other work. In the morning, one sees her in men's work clothes. In the afternoon, she may be in an attractive dress being hostess to the home demonstration club. She has streamlined her work. She has a conveniently arranged kitchen and uses time saving equipment. She saves time and energy by such plans as doing all of her dishes for the day at one washing, or using drapes and spreads that require less frequent washing.

B. Agricultural Boards

The agricultural board sponsored the Food Fights For Freedom program through the year. The home agent participated in the launching programs. In one meeting at the Co. house, she gave an illustrated talk using a projector. She invited the Chairwomen of the communities to the Production Goals training meetings and attended with them. She participated in one community meeting on Production Goals. The board helped sponsor the Bond Drives and the home agent made the necessary visits to her community in this.

C. 4-H Clubs

1. Project Work

a. Bread

Bread manuals were given to the members, then demonstrations on how to make cornbread, biscuit, and yeast bread were given month by month. Where clubs had access to a kitchen in the school or where they could meet in the home, the agent gave the demonstrations. Otherwise, bread project leaders gave them in their own homes. The girls followed the demonstrations by practice at home, reporting each month in the club from their records what they had done. At times they brought bread for exhibit at the meetings. No. times reported bread was made was 2345. The bread project was most popular. The girls enjoyed it, showed improvement, felt they had accomplished something and had been of more help at home. Parents considered it a worthwhile project.

b. Clothing

The clothing project was not carried out successfully. It was planned for the summer months and due to other activities, there was insufficient time for good completion of the project. However, a few who were faithful and diligent did some good work and profited by the project. Plans have been changed for another year and better work on clothing is expected.

c. Home Storage

This project was selected by two members only who did not complete. This is a good project if individual help were given on it in the home. But with the variety of projects to receive attention, the agent found little time for help on special projects.

d. Home Laundry

Four girls enrolled in this project and all completed. They did the work by following their manual with some instruction from the agent. They did the family laundry alone 4 times and helped with it from 3 to 6 months. Three of them made improvements in their laundry set up.

e. Poultry

Very few members selected poultry, but those who did completed very successfully. They were given manuals and instructions. They kept good records and reported at the meetings what they had done each month. The agent visited part of the projects and gave suggestions. Profits reported were \$536.51.

f. Gardening

Only 16 selected gardening this year, possibly because they wanted a change in project work from last year. They were given garden manuals and record books. One garden was visited and help given on controlling the cabbage worm. All club members were encouraged to help with gardening and canning, and much work was done on this by members not enrolled in the project.

g. Home Accounts

Since this is a project for older girls and most of the girls are younger members, no one selected this project. They do keep their own personal accounts which is helping them to get a start on account keeping. In the beginning of the year, they were given much help and some have kept good accounts.

h. Child Care

Four members enrolled in child care and all completed. They were given the manual from which they got information. Then they discussed with the agent from time to time what they were doing. Caring for the child as project work, made it more interesting and also helped the mother to gain information.

i. Housekeeping

This was one of the more popular projects since so many of the girls of this county are not on the farm and cannot carry farm projects. When given the manuals, each girl made her plan for carrying out her housekeeping job. They studied the manual, followed the plan, kept a record and reported each month what had been done. Demonstrations on bedmaking, table setting, etc. were given either by the agent or a leader. The girls enjoyed this project and made improvement in keeping their rooms. Some of them made articles like table mats, dresser scarves, and rugs for the house. They contributed their share in carrying on the work in the home this year.

j. Stop Food Waste

Demonstrations on cooking and serving vegetables and leftovers, were given to the groups by the agent or a leader. Also discussion was held on avoiding waste of food. The girls followed these instructions in their cooking and serving at home and reported at each meeting. In addition to cooking, they improved storage of food and salvaged fats.

k. Canning

The agent explained to the girls how to make their canning plan. No demonstrations were given on canning, but all clubs had canning demonstrations last year. Latest bulletins on canning were given to them. The 13 girls who did the project canned 554 quarts alone and helped with 2997.

2. Health

In the food project work health in its relation to food has been discussed. Help was given in planning balanced meals. In keeping personal accounts, some found they were spending for lunches that were not healthful. In checking on money spent for personal care, it was found more was being spent on make-up, etc. than on care of teeth. In the clothing project, importance of good posture is brought in.

3. Community Activities of the Club

The clubs have helped in the salvaging of scrap metal, waste paper, and especially milkweed floss. One club worked on the Red Cross drive and obtained extra contributions. Another club sponsored a community social for Halloween which gave the neighborhood a night of recreation and added some money to their treasury. A part of the fund was given to the school for the lunch program. Club picnics were held in the summer. One 4-H club joined the Home Demonstration Club for a picnic and both groups enjoyed the activities together.

4. Brief account of Work of one Club

The Falls Mills 4-H Club with an enrollment of 26, had an average attendance of about 21. Twenty of them completed projects and turned in record books. They kept their project work and records up to date and gave good reports at their meetings. Their officers were efficient and loyal. Due to inaccessibility to Tazewell, this club was not represented in the Council meetings but did attend Achievement Day and made the greatest contribution to the program of all the clubs. They did outstanding project work in Poultry, Garden, Bread, Canning and Clothing. They entered exhibits at the fair on garden, canning and clothing and won first, second and third prizes.

They have bought stamps and bonds and collected milkweed floss as their war service.

D. Older Youth

There is one Rural Youth Club in the county with a membership largely of girls since so many of the boys are in the Armed services. They decided upon a food program this year. The boys interests featured food production with gardens and livestock. The farm agents worked on this phase of the program. The girls planned with the home agent a program on Meal Planning and Table Service, including better balanced meals and the various types of service. One meeting was given to planning menus. The boys participated in this too to see if they could select a balanced diet. The next program was on table etiquette. A demonstration was given by two girls, a boy and the home agent. In following meetings, the girls planned and served beautifully a buffet supper, an afternoon tea and a family dinner. The boys and men agents served an outdoor meal in August. These meetings were nice recreation for the young people while they were learning better social forms and how to produce and use good food. This club planned and arranged a farm exhibit at the fair that was educational and gave their treasury a boost. They plan to use some of this for next year's project. Other activities of these club members have been assisting in Bond Drives, Red Cross, salvage programs, food preservation, communication with their members in service, and helping with the recreation program on 4-H Achievement Day.

E. Other Work Done by Home Demonstration Agent

1. County home economics workers

There is no County Organization of Home Economics Workers, but they are members of the Professional Workers Council and contact is made through this.

The agent visits home economics departments whenever possible and exchanges information.

The Farm Security Home Management Supervisor and the agent cooperate whenever there is opportunity. She is invited and attends extension meetings whenever she can. The agent helped her hold a sewing machine clinic with a group she meets regularly.

2. County Nutrition Committee

It seems this organization has been dropped. The home economics teachers are not interested or, are too scattered to meet under the present difficulties of travel. The agent did what she could on the

nutrition campaign through clubs and local papers.

3. Office of Civilian Defense

The agent has offered her assistance and cooperated with this agency as much as possible.

4. Salvage Committee

The committee has been assisted by contacting them for rural people who wanted collections of scrap picked up. People have been urged to save and turn in all materials salvaged.

5. Rationing Board

The agent was asked to help secure community service chairmen to give out information. The War Information leaders of the H. D. Clubs have been used in that capacity and the agent sends the material to them which the ration board supplies. This also helps the leader to have information for her club direct from O.P.A.

6. War Bond Committee

Assistance is given on the Bond Drives through neighborhood leaders and club members. The Chairman of Sales in Women's organizations, has been given assistance in contacting leading women of the communities.

7. School Lunches

There is no county wide school lunch program, but in schools that have it where the agent visits, she gives help in anyway she can.

8. Red Cross

The agent was asked to enlist community chairmen for the Red Cross Drive and carry the materials out to them and give training as much as possible. This was done in 5 communities or neighborhoods. Club women have asked for sewing and knitting but the local chapter never has large enough allotment. The Red Cross sewing room loaned sewing machines a couple of times for use in Extension training and were benefitted by having three machines cleaned and adjusted. The chairman of the sewing room received the training on machines.

VII. APPRAISAL OF MOST SIGNIFICANT CONTRIBUTION TO COUNTY IN MEETING WAR NEEDS WHICH WAS MADE BY H. D. PROGRAM

The sewing machine clinics and the demonstration on care and repair of household equipment, judging by the women's comments, have been the most significant contributions of the year. The information on sewing machines was entirely new to the women, while they feel that the fields of food, health, etc. have been quite fully worked. It was information badly needed by many and was appreciated and valued by all.

It is hard to keep a home going without a sewing machine in normal times and now that the homemaker has to make, makeover and mend more than ever, her machine is more important. Several machines were doing poor work, or requiring too much energy to operate. When any piece of machinery is not working well, it absorbs extra time, energy and patience of the one who works with it. Time and energy must be conserved. New sewing machines cannot be bought. It is hard to get repair work done and it is often unsatisfactory and expensive. Therefore, the repair and care program has been worthwhile in meeting war needs.

The women learned to operate their machines more efficiently as well as how to care for them and keep them in condition. Many were happy over learning these things they had long needed to know. The training was given to 14 groups in the county, which are continuing to spread the information.

The care and repair program has brought old pieces of furniture out of the attic to be used again instead of buying wartime goods. It has taught people to repair, clean and care for things that are hard to replace. It has helped to encourage people to postpone purchases and invest their money in bonds until after the war.