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ANNUAL NARRATIVE REPORT
OF
HOME DEMONSTRATION WORK CONDUCTED IN
WESTMORELAND AND RICHMOND COUNTIES
VIRGINIA

July 1 - November 30, 1942

HOME DEM AGENT ANNUAL REPORT

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REPORT FILES
EXTENSION WORK

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STATUS OF HOME DEMONSTRATION WORK IN
WESTMORELAND AND RICHMOND COUNTIES

July 1 - November 30, 1942

III. Scope of work

E. Number families reached through neighborhood and community leaders - 448

F. Estimated total number families reached - Westmoreland 230
Richmond 218

Number farm families in county - Westmoreland 1,010
Richmond 1,026

(These are based on the latest census figures)

IV. Organization - Give changes and new development

B. County Agricultural Board

The agricultural Board in Westmoreland county was established before the Agent arrived in the county. At present there are three communities with a man and woman for community leader and in each neighborhood, thirty-three, there is a man and woman as neighborhood leader. In some neighborhoods there are extra leaders, making a total of thirty-six women and thirty-nine men. Each leader was to select their colored assistant. In some neighborhoods this has been done, but in most cases it has not been successful. One colored person has been appointed to the Agricultural Board and through this member it is hoped that we will organize the leaders in the county where colored workers are needed. There are no boys and girls who are neighborhood leaders. In this county, through these neighborhood leaders, the Victory Garden, Anti-inflation Programs, Bond Sale and now the Meat Programs will reach the individual rural families.

In Richmond county there is a similar organized Agricultural Board. There are five communities with five men and five women as community leaders. The communities and neighborhoods are smaller than in Westmoreland and in most instances the neighborhoods have been broken down to "shoe leather distance". There are thirty-four neighborhoods with a man and a woman as neighborhood leader. The negro neighborhood leaders have been organized and in all there are forty-four negro leaders, most of which are women.

Through this organization the Victory Garden, Anti-inflation Program, Bond Sale and now Share the Meat Program will reach the individual rural families.

In both counties the community and neighborhood leaders know their families, they have functioned in putting on previous programs and are prepared for other programs.

C. Professional Workers Council

The following agencies are represented on the Professional Workers Council:

V. P. I. Extension Service
Home Demonstration Agent
County Agent
4-H Club Agent
Vocational Agricultural Teachers
Vocational Home Economic Teacher
AAA
Soil Conservation
Public Welfare
Farm Security
R.E.A.

In Richmond county the colored Home Economic Teacher, colored Supervisor and colored Agricultural Teacher are members of the Council while in Westmoreland county Farm Credit Administration is represented. In Richmond county ten meetings have been held and in Westmoreland eight meetings have been held.

In brief, it can be said that the Professional Workers Councils of both Westmoreland and Richmond counties have sponsored and carried through all educational programs in the county relating to the War Effort and all educational programs related to the well being of the county.

V. Leadership

A. Adult Work

Community and neighborhood leaders

When the Agent arrived in the two counties she met with the community chairmen to plan the type of work which would be most important at that particular time. In one community the leader arranged for a demonstration for neighborhood leaders, few neighborhood leaders attended thus showing us that it was necessary for the Agent to go into the neighborhoods. The neighborhood and community leaders have for the past five months arranged places and material for demonstrations. These leaders have invited the people in their neighborhoods to these demonstrations.

So far the work with the colored people has been through the schools. In both Westmoreland and Richmond counties the two colored Elementary Supervisors are very active in civic affairs. Seven demonstrations have been arranged by these two Supervisors and through this means approximately one hundred families have been reached. Work with these colored families has been on food preparation, cheese making

and food conservation.

The colored Home Economic Teacher has held a demonstration on meat canning. Other than a few demonstrations given by Home Economic Teachers, all other demonstrations have been given by the Agent.

VI. Results

A. Home Demonstration Clubs

Home Demonstration Clubs have not been organized.

B. Agricultural Boards

Since July 1st, all the work has been through the neighborhood and community leaders. These women have arranged places for the Agent to hold demonstrations, they have secured necessary materials to be used for the demonstrations, and contacted the people in their neighborhoods.

The work with the colored has been through the Elementary Supervisor of both counties. Through demonstrations arranged by these Supervisors and given by the Agent, approximately two hundred families have been reached.

a. Food

1. Production

In both counties much interest has been shown in the making of American cheese. Quite a number are making cheese for their own families. As a result of one demonstration we checked and found five people who attended this one demonstration now making cheese. There were only eight present at this particular meeting. The Agent has gotten Southern States in Warsaw to carry cheese coloring and cheese rennet tablets, thus making it possible for all families to buy one or two tablets rather than having to buy a whole bottle or ordering a large quantity from Sears, Roebuck & Company. At first the Agent secured a dozen bottles of rennet and coloring from V.P.I. at the request of twelve separate neighborhoods. As many as five went together in buying these rennet tablets and no less than three.

These counties are not in a dairy section, although most every farmer has one or two cows. These women have gone together in making the cheese, by one day one person having the cheese from the two cows and the next day the other will get the cheese. In other instances there are as many as three to five cows. Here the farmer sells the cream and feeds the milk to the hogs. They have now become convinced that they do not waste money in saving the whole milk occasionally and making their own American cheese.

At the American cheese demonstrations and at the demonstrations on Packed lunches, cottage cheese was made. The proof of the pudding is in eating it; so was the case of the cottage cheese. So many who were present had made up their mind that cottage cheese was tough and sour, and that they definitely did not like it. After eating cheese made in the correct manner, they were convinced that it was not only edible but good.

In Richmond county thirteen demonstrations were given on making American cheese and eight in Westmoreland county. Attending these demonstrations were around two hundred and fifty women. The colored high school invited the Agent down to demonstrate cheese making before the entire school body.

2. Food Conservation

At the time the Agent arrived in the county the immediate need was for drying and canning of fruits and vegetables. Miss Cameron had held one demonstration in each of the counties. Those who were present went home and told others about the marvelous drying of fruits and vegetables; how turnip greens were dried, and then soaked in water to the natural leaf again. Much interest was shown in drying and even good attendance but during the demonstration the Agent felt like one would imagine a Magician feels pulling a rabbit from a hat before a group of school children. The women gave that impression. Many tried drying a few vegetables, especially butter beans and corn. A few were not successful because rain came followed by days of damp weather.

Throughout the two counties many tried drying, some were successful, and some unsuccessful but in most cases this method of food conservation has not been accepted as a practical means but rather a curiosity. They will probably do more drying another summer.

Along with drying of fruits and vegetable, sulphuring and canning demonstrations were given. Throughout the two counties, the County Agent stated that more food had been canned this year than any previous year. In the two counties twenty demonstrations were given by the Agent on canning, drying and sulphuring of vegetables and fruits.

This fall, the Agent attended the Refresher of Meat Canning in Richmond and Mrs. Mae Wood Clark from Kerr Glass Company came to the county for one demonstration which was held in a neighborhood. Eight demonstrations were given on meat canning and about seven more have been scheduled for December. At one colored demonstration, the people brought rabbit, pork chops, chickens and beef. At the time of our demonstrations no one had butchered but we used old hens in the demonstration. Curing of meat was discussed with the drumstick.

In Richmond county eleven demonstrations have been held on food conservation and in Westmoreland county eighteen, reaching approximately four hundred and fifty families.

3. Nutrition

In Richmond and Westmoreland counties approximately two hundred fifty families have been reached on food preparation through twenty-five demonstrations given by the Agent. Nutrition phases were discussed at the conservation demonstrations but in greater detail in the food preparation demonstrations. There were demonstrations on Packed Lunches, Meals Prepared from the Farm, Meat Substitutes, Using Whole Wheat and Sugar Substitutes.

Much interest was shown in the use of whole wheat flour and sugar substitutes. The Agent has checked with the millers to find that many more are asking for whole wheat flour and the stores are selling more syrup and molasses. Request for recipes using these products have come to the office from people who have never been to a demonstration but read the Agent's articles in the papers and heard a neighbor talking about the demonstrations.

At the Packed Lunch demonstrations, cottage cheese was made to use as a filling along with raw vegetables. The place of whole wheat bread was stressed. Many mothers of school children were especially interested due to the fact that so many children do not eat in the school cafeteria. In these two counties there are many who make their living from the water and these watermen carry their lunches with them. Here we also had wives who were interested in packing lunches for their husbands.

b. Clothing

1. Consumer problems

Through remodeling clinics consumer problems were discussed. So many of the people here buy from mail order catalogues.

2. Conservation

In relation to conserving clothes see No. 3 following.

Mr. Swink held in Warsaw a Repair and Care of Sewing Machine clinic with ten professional workers from both counties attending. Later the Agent and the Montross Agricultural Teacher held a clinic for the workers who were unable to be present at the school.

Nine clinics have been held in the two counties, repairing and cleaning twenty-nine machines. At most of these clinics either the Welfare Worker, Home Economic Teacher or Agricultural Agent assisted the Home Agent. In most cases there were about three machines and several onlookers other than the owners. Before the clinic was over, the onlookers were assisting the owners.

As a result of these Sewing Machine Clinics, other than having cleaned and repaired machines, requests from these same neighborhoods have come for other such clinics. The people whose machines could sew a little were afraid to bring their machines thinking that perhaps after the clinic it would not sew at all.

3. Construction

Miss Jamison held a Restyling Clinic in one neighborhood. The Agent has followed with eleven clinics in the two counties, reaching all the communities. Approximately one hundred families were reached.

At first only a few brought garments, later nearly every one had something on which to work. As soon as one would bring out a little bag nearly every one else would pull out something. There were those who knew very little about sewing and those who could sew well gave them individual attention. Approximately seventy-five garments were remodeled at these demonstrations and many more ideas were gotten from other garments. At one demonstration a man's suit was made over for a woman. Much interest was shown in this.

At these clinics Christmas ideas were discussed, patterns and ideas exchanged.

During the clinic many suggestions were given both by the Agent and the women for other garments and through this way consumer problems were discussed. The women thought through what they could remodel thus deriving at necessary articles to buy and garments that were not needed.

d. Home management

1. Household equipment

At the clinic on Repair and Care of Household Equipment coffee pots, electric cords, electric grills, waffle irons, etc., were repaired. At most of the clinics held by the Agent, there were only sewing machines with the exception of two. In many neighborhoods few have current and those who do have electricity do not have appliances. At one clinic several light cords were fixed and the women were shown this. At the other clinic a toaster, grill and a carpet sweeper were repaired.

E. Other work done by Home Demonstration Agent

1. County home economic workers

The Home Economic Teachers and the Home Demonstration Agent are working very closely together in the wartime programs. Meat canning, packed lunches, and other demonstrations have been held in the home economic cottages where the women and children both attended. The Home Economic Teachers and the Home agent are holding a combined class in one nearby neighborhood. The people are use to having the word "class" used, and we would not dare change this terminology. The Agent uses the illustration material of the teachers and these teachers use the Agent's equipment and material. The Agent works very closely with the colored Home Economic Teachers, too, through exchange of material and having joint meetings. Each month we meet at the Professional Workers

Council together with Farm Security and the Welfare to make plans for the coming month.

2. County Nutrition Committee

The Home Demonstration Agent's first approach was through this committee. Plans were made for demonstrations and thus worked the individual neighborhoods through the leaders. Recently the Westmoreland Chairman and the Agent went to Colonial Beach to establish such a committee there. Through this committee all wartime Food Programs will pass.

In planning and organizing Home Demonstration Clubs, the Nutrition Committee will be consulted.

3. Office of Civilian Defense

In Westmoreland the Agent has attended meetings of O.C.D. and contributed her part of the program, explaining her place in the county. In both counties the Agent is helping O.C.D. in the "Share the Meat Program". When the necessary literature arrives the Agent, with the Professional Workers will help in instructing the neighborhood leaders.

4. Salvage Committee

Through the Salvage Committee the Agent at each demonstration urged the rural women to save grease, explaining how to save and what to do with it after it has been salvaged.

8. Red Cross

The nutrition chairman is organizing classes for nutrition; one Home Economic Teacher and the Home Agent have been appointed by National Headquarters to teach this class.

10. Farm Security

The Farm Security Home Supervisor has helped the Agent in organizing her work, helped her establish her place in the county and in making the proper contacts. We have held joint demonstrations and through Farm Security clients the Agent has been able to work in certain neighborhoods. Both exchange illustration material and work out their problems together.

VII. Give an appraisal of the most significant contribution to the county made by the Home Demonstration Program this year:

Since July 1st, when the Home Demonstration Agent entered the counties, the most significant piece of work has been with Food-Victory Gardens, Conservation, and Cheese.

The Victory Garden program was started and well on the way by July 1st. The County Agents report that this has been the most successful program ever put on in the counties; resulting in better and more vegetable gardens. When the Agent arrived, she saw the excellent results of these gardens. More food has been saved mostly through canning. Yet the people are willing to try drying and sulphuring. At the close of another year there will be more who have used drying as a means of saving food rather than an experiment. They will have had the experiences and seen the results that are necessary for all new processes to pass through to become an established method. More have fall and winter gardens than ever before. More families have stored food and have been interested in the better methods of storing food.

Through demonstrations given by Miss Cameron, the Home Economic Teachers, Farm Security Home Supervisor and the Home Demonstration Agent, the farm and village homemakers have been more successful in canning; they have tried other methods of preserving food when tops and jars can no longer be purchased. Those who have never canned before have canned and in large quantities; greater quantities of food have been saved and better methods of canning and preserving have been practiced. The people are beginning to awaken to the fact that foods have certain food values that are lost if not cooked and canned properly.

In many neighborhoods the Agent has followed this through in holding demonstrations on preparation and serving our canned food supply- fruits, vegetables and meat. They are conscious of the need of variety in meal planning and food preparation.

To carry the food program on we are now stressing the canning of meat and animal organs to give fresh meat through the summer and next fall; a means of saving and stretching our meat over a period of time. Meat canning demonstrations have been held in Westmoreland county and many are scheduled in Richmond county.

In checking results on canning of foods, at all demonstrations held in the home and every home visit, the housewife will invite you to see her pantry which is filled. If this was an every year affair, she would not invite you to view the results of her summer's labor. Through the Agent six pressure cookers were purchased.

Other than drying, making of American cheese has appealed to the women more than any one thing. Women have gone further than just being amazed that it can be done, they have tried making cheese for their own use, eaten their experiment and now making it a part of their home production for family consumption. The best check to show the result is the purchasing of a dozen bottles of rennet and coloring for twelve neighborhoods and the tablets sold through Southern States.

Last but not least, the rural women are beginning to realize the necessity of getting together to exchange ideas and learn newer and easier methods of using the same old things. Now that they must stay at home, they enjoy walking to their neighbor's once a month for a meeting.