

I.

ANNUAL NARRATIVE REPORT

HOME DEMONSTRATION WORK

WARREN COUNTY

1948

CAROLINE E. ALSOP

HOME DEMONSTRATION AGENT

DECEMBER 1, 1947 - NOVEMBER 30, 1948

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III. SCOPE OF WORK

A.	Home Demonstration Clubs.....	<u>11</u>
	Membership.....	<u>270</u>
⊙	Other women reached by Home Demonstration members.....	<u>350</u>
B.	4-H Clubs.....	<u>7</u>
	Membership.....	<u>103</u>
C.	Reached through other groups by agent.....	<u>700</u>
D.	Other methods used to reach families.....	<u>3</u>
	Families reached.....	<u>1500</u>
E.	Total families reached.....	<u>1800</u>
	Farm families in county.....	<u>821</u>

IV. ADULT WORK

A. Home Demonstration Club Program

1. Project Work

- a. The 1948 program was planned with the realization by the ladies that the outlook differed little from the previous year and they must secure information to aid them in continuing to do without, conserve what they have, and pre-plan for the things they wish to do in the future.

Warren County is an industrialized county. The 821 farm families living on the 714 farms in the county are more directly influenced by the industrial situation than agricultural, as very small farms are prevalent with the farmer and in many cases the farmer's wife working in one of the near-by industrial plants.

"Health" was chosen as the Federation goal. The need for continuing emphasis on the school lunch program was felt as community and individual interest had been aroused through the 1947 Health work.

Month	Subject	Reason for choice
Dec.	Federation goal meeting Plans for Crafts	Launch Health work at beginning of year rather than later. Prepare for January meeting.
Jan.	Tufting Bedspreads and accessories Hand painted accessories for the Home	Need for handicraft work for winter months
Feb.	Community Garden meetings	Begin garden plans early. Reach more people through community meetings.
March	Kitchen Storage	Follow-up work which was begun in 1947.
April	Salads County meeting - Freezing & Canning	Change necessary in program as agent on leave and Food leaders could not carry on demonstration. To give opportunity to secure new information, particularly on freezing, as more people using locker plant facilities.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

1. Project Work

b. continued

Month	Subject	Reason for Choice
May	Summer Refreshments	Again change necessary in program as agent on leave and Food leaders could not carry on demonstration.
June	Flower Arrangement	Continuation of Interior Decoration work begun 1947.
July	Club Choice	Opportunity for clubs to secure information on their particular problems.
Aug.	Community Picnics	For community get-together and work with youth and 4-H (County objective).
Sept.	Reconditioning Lamps	Using available materials. Rural electrification carried into two sections of county during 1948.
Oct.	Club Choice	Opportunity for clubs to secure information on their particular problems.
Nov.	Renovating Lamp Shades	Follow-up of work begun in September.

CLUB OBJECTIVES

Clubs completing 6 of these objectives will be recognized as Standard clubs on Achievement Day:

1. Each club member to reach three non club members.
2. To promote worthwhile community and county projects.
3. To give aid to people of some needed country.
4. Sponsor 4-H and Youth in your community and secure one or more leaders in project work.
5. Presidents and leaders be responsible for three meetings in the absence of the agent.
6. To continue the promotion of the School Lunch Program.
7. To be represented at leader and county meetings.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

1. Project Work

b. Continued

There were two club choice months with demonstrations selected according to club needs which included "Frozen Desserts, Wills and Deeds, Clothing Construction Problems, Table Service, Christmas Gift Suggestions, Christmas Ideas, Christmas Cookery, Reseating Chairs, and Fall and Winter Style Trends."

Individual help was given in "Landscaping" and "Growing of Small Fruits." Both subjects an out-growth of previous community meetings.

- c. The December meeting was interesting as this meeting launched the Federation goal work for 1948.

The preliminary preparation necessary for the January Craft meetings was given by the agent at the December meetings. All day Craft meetings were held. 7 clubs had "Tufting" and 3 "Hand Painted Trays and Accessories." The House Furnishing leaders secured the supplies needed for these meetings. 28 bedspreads were tufted and 22 other articles, including bath sets, housecoats, rugs and pillow tops. 21 trays were hand painted; 32 other articles hand painted, including waste-baskets (made from tin cans), letter trays, pitchers, scoops, lamps, flat irons, canister sets, kitchen cabinet doors and furniture.

Mrs. E. Duncan of the Cedarville Club was advised by her physician to take several hours a day for relaxation. She found relaxation in hand painting and has completed 15 articles for her home.

Mrs. R. Simpson, also of the Cedarville Club, and quite talented has hand painted 10 articles - her kitchen cabinet doors, one wash stand purchased at a sale for \$1.25. She has also given help to three others on hand painting.

Community Garden meetings were held with a number of men present as well as women. Of the women reporting who had gardens have a passed on garden information to at least one other family.

As a follow-up of work begun in 1947 on Kitchen Re-arrangement, Kitchen Storage was included in the program. A leader training meeting was held and the kitchen leaders gave the demonstrations as the agent was on leave. Many changes have been made in kitchen storage as a result. 54 major changes in kitchens have been made, and 63 pieces of large equipment purchased and installed.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

1. Project Work

c. Continued

Salads and simple summer refreshments were demonstrations given by the Food leaders as the agent was on leave. A leader training meeting was held prior to the demonstrations.

Much interest was created in Flower Rearrangement and many women have indicated their use of information given.

Community meetings with 4-H and Youth in the form of picnics were held by 9 clubs with a total attendance of 392. The attendance shows an increase over 1947...8 clubs with 212 attending. The club showing the greatest increase was Brown-town with 120 in attendance, an increase of 100 over last year.

62 lamps were reconditioned. 2 members made lamps and decorated them, using the information secured in hand painting. Two sections of the county have had Rural Electrification lines completed and much interest was shown in the reconditioning of lamps.

Renovating lamp shades was a follow-up of the reconditioning of lamps. Results of this work are not complete.

52 improvements have been made in home grounds. Community meetings in Landscaping were held in 1947 with home visits made during 1948.

In 1947, the subject "Planning for Redecorating" was included in the program. In 1948, this information was used by a number of women - 21 rugs made, 118 pairs of curtains, 33 rooms papered, 64 rooms painted, 15 rooms remodeled, 11 pieces furniture upholstered, 41 pieces furniture refinished, 13 pieces furniture remodeled, 36 chairs reseatd.

3 clubs held meetings on "Wills and Deeds". Men attended also. 2 clubs held a joint meeting. One talk was given by a lawyer.

Approximately 50 pressure canner gauges were tested, including a number of canners not owned by H. D. members.

15 families were contacted with Small Fruit information by home visits and conferences.

IV. ADULT WORK

A. Home Demonstration Club Program

2. Health

Health was again chosen for the second year as the Federation goal with the goal chairman from each club and the County Federation goal chairman forming the County and Federation goal committee. This committee met in October, 1947.

The Front Royal Elementary School principal and the Health chairman of the Warren County Teachers' Association were also present. Plans were made with the school representatives to cooperate with the schools in improving school lunches and emphasizing an adequate breakfast. Goals for 1948 were set up as follows:

COUNTY HEALTH GOALS - 1948

1. Continue the promotion of the School Lunch Program.
2. Emphasize "Adequate Breakfast" in schools and clubs.
3. Make a study of Home Safety measures.
4. Begin a "Loan Closet" for county and club.

INDIVIDUAL GOALS

1. Be nutrition conscious in planning and preparing family meals.
2. See that your family members eat a nourishing breakfast.
3. Make your home more safe by using safety measures.
4. Continue to keep your home medicine cabinet well-equipped.
5. Check your Health Score Sheet.

The recognition of the need for an adequate breakfast was a result of the health work of 1947 when packed lunches for school children, as well as for industrial workers was emphasized.

In launching the health work for 1948, the goal chairman in 9 of the 10 clubs presented the above goals to their clubs at the Federation goal meetings held in December. Much interest was aroused in the "loan closets" and several clubs found equipment among their members. 2 clubs made plans to raise money to be used in purchasing equipment.

The goal chairman made "breakfast eating" surveys in their respective clubs and compiled the results and presented them at the January meetings.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

2. Health - continued

The goal chairmen of the local clubs made the necessary contacts in conducting a county-wide "Breakfast Eating Habit" survey in the Elementary Schools. The agent made contacts with the Front Royal Elementary School and the County Supervisor of Elementary Education. This survey was taken during the first week in January, with the plans unknown to the children. Teachers and goal chairmen compiled the results which were then compiled by the agent for the total survey. Results were obtained from 9 of the 13 Elementary Schools of the county. Weather conditions prevented contact with all children. The survey was followed during the third week of January with talks on "The 5 -Star Breakfast and Lunch" given by the Food and Nutrition Specialist, accompanied by the agent. Similar talks were given by the agent and goal chairman in 5 other schools of the county. The results of the county survey and the local school survey were used in these talks. The following article was published in

Breakfast Eating Habit Survey in The Elementary Schools of Warren County Show Only 64 Per Ct. Eat Adequately

A Breakfast Eating Habit Survey was conducted in the Elementary Schools of Warren County during the month of January through the cooperation of the schools with the Health Committee of the Home Demonstration Clubs. One goal of the Health Committee is "to emphasize adequate breakfast in schools and H. D. Clubs.

Of the 1489 children contacted in this survey only 959 or 64.4% ate an adequate breakfast. An adequate breakfast consists of fruit or fruit juice, cereal, toast and milk or cocoa. The results of the survey indicate that breakfast, the most important meal of the day, needs greater emphasis:

Breakfast Eating Habits
 1489 contacted in survey
 1311 ate some breakfast on the day questions were asked
 78 had no breakfast
 1100 ate toast, rolls, biscuits or muffins
 389 did not
 705 ate cereal breakfast food
 780 did not
 724 drank milk
 763 did not
 497 had fruit or fruit juice
 992 did not
 315 had coffee
 1174 did not
 635 ate some meat
 854 did not
 897 ate an egg
 783 did not
 857 ate pancakes, waffles or doughnuts
 1132 did not
 19 had coffee and nothing else

1470 did not
 959 ate an adequate breakfast
 530 did not

Fruit, milk and cereal—three of our protective foods—so essential for health and particularly needed during the winter months to help combat colds and furnish heat for the body were found below par from the above figures taken from the survey. Only 35% of the children had fruit or fruit juice, 49% had milk and 46% cereal. These figures may indicate to the housewife that more fruit and tomatoes should be canned and to the manager of the house that the garden should include both vegetables and small fruits.

Miss Janet Cameron, Food Nutrition Specialist with the Extension Division of V. P. I., stressed these results were quite interesting and revealing to us and to the children of the Front Royal school personnel.

A 5-Star Breakfast should consist of fruit or fruit juice, cereal, bread, egg and milk or cocoa; a 5-Star Lunch consists of vegetables or fruit, meat or meat substance, milk or cocoa and something sweet to be eaten only after the former foods.

A nourishing breakfast is not only important to health and morale; it also means most efficient use of food. Food eaten early in the day is digested and absorbed during the most active hours, studies at the University of Chicago have shown. Therefore, the body is likely to get the most good from food eaten at breakfast

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

2. Health - Continued

Approximately 1150 families of town and county were reached through the surveys in schools and H. D. clubs.

Plans were made to re-check with another breakfast survey the latter part of the school term. These plans were not carried out due to the agent's illness, but the 1949 Federation goal committee has made plans to continue the work on adequate breakfasts, making a much more inclusive survey of all schools, with more follow-up work.

4 4-H clubs carried food preparation projects and 2 carried food preservation. The results of the breakfast survey were used by the agent and leaders in the discussions and work carried with these goals.

Interest stimulated through the H. D. clubs' work in school lunch programs in 1947 with other civic organizations has resulted in the installation of water and indoor toilet facilities in the Reliance school and the hope of the same in the Bentonville school.

Weather conditions prevented good attendance at the county Federation goal committee meeting following the breakfast survey. The Food and Nutrition Specialist was with us. The superintendent of schools talked with us on the school lunch set-up, and was much interested in the results of the survey.

The county Federation goal committee held another meeting in February, carried on by the women in the absence of the agent. The results of the breakfast survey in schools was discussed, and suggestions given on "loan closet" plans. The County nurse sent a list and Mrs. W. B. Coney, goal chairman of the Front Royal club, and a former Public Health Nurse, gave suggestions. The latter gave much helpful advice throughout the year.

Report by the goal chairmen were given at the March meetings. Health scores were checked.

Reports given by goal chairmen at the spring committee meeting indicated progress in equipping community loan closets - clubs indicating a desire to serve the community as well as their own members.

At the end of the year the following equipment in in "loan closets of 7 of the 10 clubs - some equipment purchased by clubs, some donated by members and business firms:

Club	Bowmans'	Front Royal	Otterburn	Waterlick	Reliance	Chimney Field	Brontown	Total
Supplies								
Wheel chair	1		1				1	3
Adjustable crutches	2		1					3
Bed pan	2		1	1	1	1	1	7
Urinal	1	1						2
High chair	1							1
Fountain syringes	1							1
Infant syringe	1							1
Throat ice collar	1							1
Air cushion	2					1		3
Heating pad	1							1
Hypo-syringe	1	1	1					3
Nasal sprayer	1							1
Eye cup	2							2
Thermometer	1		1	1	1			4
Walking cane	3							3
Sheets	4							4
Pillow cases	4							4
Dressings	v			v				2 v
Rubber sheet		1						1
Ice cap		1		1	1	1		4
Ice cap cover		1						1
Hot water bottle		1		1	1			3
Hot water bottle cover		1						1
Bed tray		1						1
Combination syringe		1		1				2
Basin					1			1
Pus basin					1			1

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

2. Health - continued

This list has been publicized, and the county nurse given a list. 2 other clubs have raised funds for the purchase of equipment and the 10th the promise of donations so that all clubs have made some progress.

The few clubs that have had their own "loan closets" established for some time have had them in use.

The "loan closet" set-up has been most enthusiastically received by club members and other citizens of town and county.

Mrs. Joe Rife, goal chairman of the Bowmans' H. D. club was responsible for the establishment of their well-equipped "loan closet". This club is the youngest club and their enthusiasm definitely speeded other clubs to secure equipment.

Home safety measures were discussed and attention called to National Home Safety Week - articles were also published in the local papers.

Mrs. W. B. Cuney, of the Front Royal club represented the county Federation goal committee at a meeting of the Warren County Hospital Board. She also represented the agent at the Health session of the Warren County Teachers' Association.

The agent assisted the committee sponsoring the hospital drive - A new Warren County Hospital is to be built in 1949. Names of the H. D. women to assist in the drive were given by the agent.

3. Other Activities

The District Federation meeting was attended by 40 H. D. members representing 8 of the 10 clubs...the 9 clubs that had been organized one year had paid their Federation dues.

3 H. D. members attended the Institute of Rural Affairs - the county committee paying half of the expense of 2 delegates.

6 of the 10 clubs have taken advantage of the lending library facilities of the Virginia State Library, thus aiding the accomplishment of club goals.

At the county H. D. Planning meeting in 1947, the committee went on record to cooperate in the promotion of a town-county rest room in Front Royal. Contacts were made with county officials and through this and other influences, plans are now underway for the installation of restrooms in the basement of the Court House.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

3. 5 H. D. clubs were members of the Warren County Recreation Association. One member on the Board of Directors. The communities in which H. D. clubs were active members of the association, secured benefits from the recreational program. 2 members served as volunteer playground supervisors, giving much of their time. The participation of the women in the Warren County Recreation Association has enabled the clubs to accomplish club goals 2 and 3.

Money making activities have been quite varied.

The county committee used two means of increasing the county treasury. Extraxt was sold by the clubs and \$60.00 realized. A Market Day was held in August, at which \$135.00 was cleared.

Plans were begun for Market Day at the spring H. D. committee meeting - the funds to be used to defray the expenses of Achievement Day and of the county committee. Two meetings of the Market Day committee were held - the final meeting 10 days before Market Day. Advertisements were run in the two local papers, news articles published two days before Market Day. Posters were placed at various points in town and county. Also a large sign on the Court House lawn attracting attention to the spot where Market Day was held. Each club had a Market Day chairman responsible for collecting contributions of produce and articles to be on sale. The cooperation of the clubs in using this means of raising funds was splendid, and the work of the Market Day committee outstanding.

The interest of the townspeople, business men and H. D. women in holding future Market Days with the possibility of making it into a money-making activity for rural people was created.

The Cedarville club raised funds by sponsoring an Out-grown Shop - taking over one room of an unused store building at Nineveh. Clothing was brought in by anyone interested - having to meet certain standards - a certain per cent of the sales went to the clothing owner, the H. D. club, and to the owner of the building. The out-grown shop operated on a regular schedule with H. D. women taking charge.

The Front Royal club made a small charge for luncheon at one of their all day H. D. meetings. They also realized \$71.00 by serving luncheon at the Sears-Roebuck 4-H Pig Show.

The Chimney Field club served luncheon at an Agent's Camp Craft meeting.

The Bowmans' club sponsored a radio show.

Clubs have sold cook books, cards, and other articles for the home children

Two H. D. clubs sent 4-H(A) to District 4-H Camp. - Bowmans and Otterburn.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

- 3. At the spring county H. D. committee meeting the committee decided to again hold a 4-H and H. D. Achievement Night - stressing 4-H work (one H. D. goal was "to promote 4-H and Youth work") The Achievement Night chairman was appointed. A conference of agent and Achievement Night chairman was held and committees appointed, representing all clubs. The following article was published the first part of July:

PLANS BEGIN FOR HOME DEMONSTRATION - 4-H ACHIEVEMENT NIGHT

Plans are underway for the 2nd annual Achievement Night of Home Demonstration and 4-H Clubs of Warren Co., which will be held Oct. 15 at W. C. H. S.

Mrs. Carroll Coverstone, Achievement Night Chairman and Mrs. W. E. Sealock, Jr., Vice-chairman appointed the following committees:

Publicity—Chairman, Mrs. W. B. Coney; Mrs. J. A. Meriwether, Mrs. Curtis Andrews.

Program—Chairman, Mrs. C. Coverstone; Mrs. W. E. Sealock, Jr.

Refreshments—Chairman, Mrs. C. N. Shepherd; Mrs. E. T. Fritts, Mrs. Clarence Davis.

Exhibits—Chairman, Mrs. Marlin Corron; Mrs. W. Stickley Mrs. B. F. Guy, Mrs. A. C. Britts.

Ushers—Chairman, Miss Dorothy Marlowe, 4-H Boys and Girls.

Prizes—Chairman, Mrs. Isaac Isner; Mrs. J. B. Balwin, Mrs. Joe Rife.

Decorations—Chairman, Mrs. F. C. Deman; Mrs. Clarence Hays.

Achievement Night will be held October 15th in the Warren County High School auditorium and cafeteria.

The middle of July the first meeting of the entire committee was held and plans well developed.

The Achievement Night chairman and Exhibit chairman met with the 4-H County Council in August and presented the committee's plans, receiving suggestions from the Council. The Exhibit, Refreshment, and Program committees each met separately to formulate plans. The second meeting of the entire committee with 14 members present, was held the second week of August and plans completed. A report of the committee was given by Mrs. Coverstone, at the County Planning Committee meeting the first of October, and each received the support of each club. A final Achievement Night committee meeting was held one week prior to Achievement Night, with 12 members present.

Articles were published in the two local papers as follows:

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

3 - Articles on Achievement Night from Local Papers:

HD-4-H Clubs To Hold Achievement Night October 15

Plans are progressing satisfactorily for achievement night to be held Oct. 15 at Warren County High School Auditorium by the Home Demonstration and 4-H Clubs of the County. Prizes and medals will be awarded to 4 H Club Members for outstanding achievements.

Exhibits of work done during the year will be on display from 6:30 to 7:30 P. M. and 9 to 10:00 P. M. in the Cafeteria. Mrs. Carroll Coverstone, General Chairman, says that as an added attraction, there will be awarded a cake baked and decorated by a member of one of the Home Demonstration Clubs.

Further plans will be announced later. The public is cordially invited to attend the program and view exhibits.

9-30-48

4-H Girls To Participate On The Achievement Night Program Friday



PATRICIA BOWERS

Patricia Bowers and Lucy Burnette, Dairy Foods Demonstration Team, will give a demonstration on "Cake Making" on the 4-H and Home Demonstration Achievement Night Program to be held Friday, Oct. 15, at 7:30 p. m. in the Warren County High School auditorium and cafeteria.

Patsy Bowers and Lucy Burnette, members of the Reliance 4-H Club, represented Warren County in the Food Preparation at the 4-H Area Contests held in Berryville on Sept. 7, where they won Blue Awards on their Dairy Foods Demonstration.

Mr. L. B. Dietrick (Director Extension Service, V. P. I.) will speak on the topic "The Extension Program--A Family Affair".

Awards and recognition will be made 4-H boys and girls for outstanding project work during 1948.

Exhibits of work accomplished by the 4-H'ers and Home Demonstration members will be on display in the cafeteria from 6:30 p. m. until 7:30 p. m. and following the program from 9:00 p. m. until 10:00 p. m. Refreshments will be served in the cafeteria.

The Achievement Program is planned to give the public an opportunity to see work accomplished and to secure a clearer understanding of the 4-H and Home Demonstration work in Warren County as well as the state of Virginia and the United States.

10-14-48



LUCY BURNETTE

ACHIEVEMENT NIGHT SPEAKER ANNOUNCED

Mr. L. B. Dietrick, Director, Extension Service, V. P. I., will be speaker on the Home Demonstration and 4-H Achievement Night Program, Oct. 15, in the Warren County High School Auditorium.

The Extension Program--A Family Affair--will be the topic Mr. Dietrick's talk. Being much interested in the rural family as such, Mr. Dietrick is well qualified to talk to 4-H boys and girls and Home Demonstration women as well as interested friends and neighbors of the rural people of Warren County.



L. B. DIETRICK

Director Dietrick is a native of Pennsylvania but after receiving a B. S. degree from Penn. State, soon came to Virginia to secure a M. A. degree from V. P. I., then worked for many years as Garden Specialist with the Extension Service of V. P. I. He then served as Administrative Assistant for 12 years. In Feb. 1949 he was appointed Acting Director and served in this capacity until he became Director in July 1945, taking the place vacated by Dr. John R. Robinson when he became Pres-

ident of V. P. I. and is now Chancellor of V. P. I.

The Achievement Night Committee is delighted to announce Director Dietrick as the Achievement Night speaker and to invite the general public to hear him and to join in the Second Annual 4-H and H. D. Achievement Night Program to be held in the W. C. H. S. auditorium and cafeteria on Oct. 15 at 7:30 p. m.

10-7-48

IV. ADULT WORK - CONTINUED

A. Home Demonstration Club Program

3. The Publicity committee displayed posters in all parts of the county one week prior to Achievement Night. The Calendar of Events of one local paper carried the Achievement Night reminder for one week:

FRIDAY

12:15 Noon-Meeting of Rotary Club in Hotel Royal

7:00 P. M.—Meeting of Troop 61, Boy Scouts, in Social Room of Riverston Methodist Church.

7:30 P. M.—Teen Age Canteen in Assembly Room of City Hall.

7:30 P. M.—Meeting of Hiram Royal Arch Chapter No. 45, in Masonic Temple.

7:30 P. M.—Achievement Night Program of Warren County Home Demonstration and 4-H Clubs, in Warren County High School Auditorium. Speaker L. B. Dietrick, V.P.I.

8:30 P. M.—Meeting of Local 472, International Brotherhood of Electrical Workers, in Union Hall.

65 letters of invitations were sent to various organizations and agencies of the town and county, county officials and ministers.

The splendid cooperation of the clubs, committees and committee chairmen made our second Achievement Night a success. Approximately 400 persons attended this event and was given an interesting write-up in the local papers as follows:



GETTING READY FOR THAT "CAKE MAKING" DEMONSTRATION GIRLS? Patricia Bowers and Lucy Burnett of the Home 4-H Club caught unawares.

IV. ADULT WORK - CONTINUED

A. Home Demonstration Club Program

3. Newspaper write-up on Achievement Night

400 People Attend Second Annual "Achievement Night" Program

400 persons attended the second annual "achievement night" program of the Warren County Home Demonstration and 4-H clubs on Friday night, Oct. 15th in the Warren County High School Auditorium and afterwards, inspected exhibits of project work on display in the high school cafeteria where refreshments were served.

Following the singing of the "Star Spangled Banner", the Rev. L. C. Sparks made an invocation prayer and the Rev. Kenneth V. Shick led in group singing, with Miss Elizabeth Rudacille, pianist.

Mrs. Isaac Isner of Cedarville, chairman of the committee of home demonstration clubs, presided.

Mrs. W. E. Sealock, Jr., vice chairman of the "Achievement Night" program committee, called the roll of the eleven home demonstration clubs which are Bentonville, Bethel, Bowman's, Brown-town, Cedarville, Chimney Field, Front Royal, Limeton, Otterburn, Reliance and Waterlick. The roll call of 4-H clubs was read by Newton E. Landis, Jr., secretary of 4-H county councils. These eleven clubs are Bentonville Junior Club, Bentonville Senior Club, Buckton, Breckinridge, Front Royal Elementary School (6th and 7th grades), Limeton, Nimesh, Otterburn, Reliance, Riverton, and Warren County High School.

An interesting demonstration of preparation for making a cake was given by Patricia Bowers and Lucy Burnett, the latter describing each step in the process.

Miss Caroline Alsop, Home Demonstration agent, made announcement of awards. She announced that the following six home demonstration clubs had achieved rating as standard clubs: Bowman's, Cedarville, Chimney Field and Waterlick. She also presented the following medals to Patricia Bowers and Lucy Burnett, of the Reliance club, national dairy foods demonstration; Patricia Bowers, Reliance, food preparation; Marguerite Newcome, Otterburn club, canning; Brown-town club, home improvement; Juanita Tedrick, Reliance and Elizabeth Sours, Bentonville, housekeeping; and Nancy Deavers and Dorothy Marlowe, Brown-town, dress revue. (Dorothy Marlowe won the award last year.)

Miss Alsop also announced project prizes, as follows: food preservation (canning) Marguerite Newcome and Shelia Jean Trent, Otterburn; food preparation, Patricia Bowers, Lucy Burnett, Charlotte Hensell and Juanita Tedrick, Reliance club, and Rebecca

Tobin, Otterburn club, housekeeping, Faye Goode and Elizabeth Spura, Bentonville club; Naomi Davies, Buckton club; Juanita Tedrick, Reliance club; home improvement, Nancy Deavers and Dorothy Marlowe; clothing, wear and care, Caroline Venable, Limeton; sewing, Diana Baer, Otterburn club; best cake exhibited, Juanita Tedrick, Reliance, and Helen Tice, Limeton club.

Newton E. Landis, assistant agent for Warren County in charge of 4-H clubs, announced the annual award of the county banner to Reliance 4-H Club for their work as a community group, in monthly meetings, in attendance at the annual summer 4-H camp, and for social and picnic contests.

Gold medals for projects completed were presented by Mr. Landis to the following club members: Crop, Charles Pence, Jr., of Reliance (donated by International Harvester Company); Best Meat Animal, Donnie Deavers, Brown-town (donated by Thomas E. Wilson, of Wilson Packing Company); Poultry, John William Good and Allen Hensell, Reliance, (donated by Dearborn Motors); Garden, Albert Bowers, Reliance, and James E. White, Jr., of Front Royal (donated by Allis-Chalmers).

The following prizes were awarded 4-H club members for exhibits: Corn, Yellow, Allen Hensell and Charles Pence, Reliance; white, Sherman Dimon, Reliance; popcorn, Cecil Andrick, Reliance; eggs, brown, Newton E. Landis, Jr., Front Royal; white, Hollis Shenk, Front Royal; potatoes, Charles Rowland, Reliance; onions, Allen Hensell, Reliance; pumpkin, Dorsey Funk, Reliance; peppers, Charles Royland, Reliance.

Women 4-H leaders of the county who received special recognition were Mrs. William Stuckley, of Reliance, who received a Land Lady scholarship; Mrs. J. E. Lewin and Mrs. C. Nicholson Otterburn; Mrs. W. Marlowe, Brown-town; Mrs. Alton Mauck, Bentonville, and Miss Elizabeth Rudacille, Limeton.

Mrs. Carroll Coverstone, chairman of "Achievement Night", made acknowledgement of appreciation to all who participated in the program and also to the authorities of Warren County: High School, Lewis E. Allen, Boy Scouts, etc.

The "achievement night" speaker was L. B. Dietrick, director of extension service, Virginia Polytechnic Institute, of Blacksburg, who chose as his subject, "The Extension Program a Family Affair".

He reviewed the history of extension work, which began with the organization of tomato clubs for girls and eventually, to home demonstration clubs for women, and cooperates with farm organizations, cooperatives, churches etc. Today, there are 218 boys and girls in Warren County 4-H clubs carrying 267 projects, and 47,600 in Virginia and 1,800,000 4-H club members in the United States, said Mr. Dietrick, with 30,000 women in home demonstration clubs in Virginia. The purpose of this vast program of extension work is to increase the income of farm families that they may reach higher standards of living, the speaker said. He urged the backing of parents, and the self-sacrificing leadership of men and women to achieve this goal.

Virginia Polytechnic Institute, a college of the people, offers it full cooperation, particularly in Agriculture, Mr. Dietrick stated.

The exhibits of home demonstration clubs included fine examples of rugs, picture frames, hand painted trays, dust pans, oil lamps, bed spreads, Christmas gifts, 4-H various home equipment, cakes, clothing, canned goods, etc., and 4-H club exhibits displayed almost every variety of grain and vegetables.



roud of their Handiwork, these Warren County HomeDemonstration women displayed Tufted Bedspreads
and Rugs. Photo by Allen

See other side of picture for other activites of Achievement Night published in
local paper.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

3. The H. D. committee financed the entire program, including prizes for 4-H boys and girls. The Market Day (page 12) was their means of raising funds.

Representatives of banks, school officials, newspaper men attended, plus interested persons in county and town. Three H. D. women have volunteered their services as 4-H leaders since Achievement Night.

The Rotary Club requested a program on 4-H with the District County Agent as guest speaker.

4-H children, as well as their parents, and H. D. members showed much greater interest in the second Achievement Night than the first held in 1947. The interest stimulated and leadership brought forth made the second Achievement Night worthwhile.

4. Leadership

1948 was only the second year of the County H. D. committee's organization composed of 14 members. These organization leaders received training at the 1947 planning meeting with suggestions and timely letters from the agent at intervals throughout the year.

The spring and fall committee meetings were well attended. At the latter, 8 of the 10 clubs were represented with a total attendance of 19. 3 members of the Bethel unorganized group were present. The agent having met with this group 3 times. Prior to the fall planning meeting, the executive committee met and the results greatly speeded the planning meeting. There are 10 organized H. D. clubs with a membership of 270, an increase of 45 over December, 1947. The organization leaders have greatly improved in their assumption of responsibility during the second year of organization. 40 meetings have been carried by organization and subject matter leaders in the agent's absence which surpasses the club goal "to hold at least 3 meetings in the absence of the agent". The work of these leaders during the four months the agent was absent was most outstanding. Each club had 2 kitchen leaders, 2 food leaders, 2 house furnishing leaders, and one goal chairman. 2 leader training meetings were held during the agent's absence by Extension Specialist. Through the efforts of the District Agent, County H. D. committee chairman and club presidents, all 10 clubs were represented at one leaders' training meeting and 8 of the 10 clubs at the other. Only one of the 10 clubs did not carry the March, April and May meetings. The project leader method has definitely taken hold and possibly the agent's absence was good training for the project and organization leaders. 6 of 10 clubs were recognized as standard clubs at Achievement Night (see page 4 - Club Objectives). The agent can already see results in some clubs that did not receive this recognition in greater attempts to attain the 1949 goals.

IV. ADULT WORK - Continued

A. Home Demonstration Club Program

4. Mrs. Isner was responsible for 40 women attending the District Federation meeting and for the report given. She gave 3 demonstrations on "Flower Arrangement" in June, relieving the agent for other work, and she was most cooperative.

The work of the Federation goal chairman has been thoroughly covered (refer to pages 7-11) with Mrs. Joe Rife, Bowmans' H. D. club, and Mrs. W. B. Cuney, Front Royal H. D. club, doing the most outstanding work. Mrs. Rife was appointed County Federation Chairman for 1949.

The efforts of Mrs. Rife and Mrs. R. Stiskley, Bowmans' H. D. club president, have made the youngest club (organized in the fall of 1947) one of the most outstanding. The membership has increased by 9 - growing from 13 to 22. They have given fullest cooperation in all county activities, and were recognized as a standard club (far surpassing the other clubs). They held a joint meeting with the Reliance H. D. club (their neighbor), and also a community picnic with 55 attending from their own club community. 24-H children were sent to District Camp by the club. Through their representative and the Reliance Civic Leagues in the Warren County Recreation Association, the Reliance school (serving both Reliance and Bowmans) has received playground equipment. Mrs. Rife attended the Institute of Rural Affairs, defraying her own expenses.

The increased cooperation between the Bowmans and Reliance communities in school, civic organizations, and H. D. clubs, is due mainly to the H. D. organization.

The Otterburn H. D. has a standard club, and has always been one of the most outstanding clubs. This club has carried 5 meetings and members are most cooperative, proving efficient in their undertakings.

The Front Royal H. D., a standard club, has many excellent leaders and members. Mrs. C. Steed, club president, gave much of her time to the 2 leader training meetings, held in the agent's absence. She is also most efficient as Market Day Chairman (see Market Day page 12). Mrs. W. B. Cuney, goal chairman, gave much time and help in the furtherance of the County Federation goal (see Federation goal page 9 & 11). She also served most efficiently as Publicity Chairman of the Achievement Night committee. Mrs. C. Coverstone, Achievement Night Chairman, a member of the Front Royal club, relieved the agent of a great deal of responsibility of Achievement Night.

The Front Royal club, being the easiest to contact, can always be counted on in county as well as club activities.

The increased leadership of the entire Achievement Night committee over 1947 was most noticeable and helpful to the agent (see Achievement Night pages 13-18).

IV. ADULT WORK - Continued

A. Home Demonstration Club Program - Continued

4. Through contacts made by Mrs. George Hooper, a former member of the Otterburn H. D. Club, and the agent interest was aroused in the Bethel area in H. D. work. 3 meetings have been held with 14 ladies on roll. This group has not organized but will in the near future.

6 H. D. members have served as 4-H leaders in 5 4-H clubs. The work accomplished in the agent's absence by Mrs. J. E. Levin and Mrs. C. Nicholson of the Otterburn club, and Mrs. W. Stickley of the Reliance club was most outstanding. They held all meetings in the agent's absence and gave a great deal of assistance in training the contestants in the 4-H Area Contest.

B. Other Means of Reaching People

Special meetings with one unorganized group was held (see page 20).

Through the 2 local papers, the H. D. and 4-H schedule has been published weekly - also timely subject matter articles. The increased interest of the press is noticeable over 1947, and they have been most cooperative.

V. WORK WITH YOUTH

A. Organization

1. The 4-H County Council held its second organization meeting in January, although the agent was unable to attend, with 20 members present and one leader. Officers were elected and objectives set up, and a tentative club calendar of events. Plans for the latter and objectives were discussed with the officers by the agent prior to the meeting. There was an increased amount of participation which has noticeably increased over our first council meeting in 1947.

4-H County Council Objectives

1. Hold two County Council meetings.
2. Increase 4-H membership.
3. Conduct county and local club meetings efficiently.
4. Have Achievement Night.
5. Have exhibit work at Achievement Night.
6. To have each local club work out objectives for the year.
7. To have song leader training meeting.
8. Assist Home Demonstration clubs in protecting Health work.
9. To have county represented at State Short Course.
10. To have each club represented at all county meetings and District Camp.
11. To encourage more participation in County, District and State Contests.
12. Have county picnic with possibility of having other counties represented.
13. To have each club visit one another during the year to see what they are doing.

V. WORK WITH YOUTH

A. Organization

- 1 Two meetings of the council were held - organization meeting and summer meeting. At the latter plans were made for a county-wide picnic.

4-H CLUB WILL HOLD ANNUAL PICNIC AT ELIZABETH FURNACE

Warren County 4-H'ers will hold their annual picnic at Elizabeth Furnace on Aug 31 from 2.00 P. M. to 8.00 P. M.

An afternoon of fun has been planned, with swimming, baseball games and group singing--something to keep everybody happy.

A picnic supper will be served at 5.30 P. M. followed by a Vesper Service. Plans for the annual picnic were made by the County 4-H Council.

In case of rain the picnic will be held in the basement of the Baptist Church of Front Royal.

In addition to the County-wide picnic, plans were also made for Achievement Night. (See page 13). The interest shown in both, and the friendliness of members developed through the county get-togethers is much greater than in 1947.

COUNTY 4-H PICNIC

Elizabeth Furnace Picnic Grounds was a playground for Warren County 4-H'ers at their second Annual 4-H County Picnic, on Tuesday, Aug 31. Baseball, football, swimming, hiking and games comprised the recreational program, giving a last fling before schools opened. In spite of a rainy start, fun was had by those eighty boys and girls who came anyway. Dorothy Marlowe and Nancy Deavers of the Browntown 4-H Club had charge of the recreational program, with Hollis Hoskins of the Front Royal 4-H Club and Bill Tobia of the Bentonville Senior 4-H Club organizing the ball games. Bill Tobin also acted as life guard for the swimmers.



Football, and two weary hikers in the background.



The youngsters who couldn't participate in swimming had fun wading.

Following the afternoon fun hungry 4-H'ers gathered around the picnic tables and enjoyed the picnic supper. After supper the eighty boys and girls from all sections of the county joined in group singing lead by Betty Lou Lockhart of the Bentonville Senior 4-H Club. Closing the get-together, Lauralee Pritts of the Ninveh 4-H Club conducted vesper service.



Fifty boys and girls crowded into Mr. Matthews truck and headed for home singing as they went down the road, others climbed into the truck with their families and friends, and followed along the way.

THE HISTORY OF THE...
AND THE...
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MURPHY

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B.F.'s Daughter

"SEA HOUNDS"

Monday-Tuesday, September 13-14

RANDOLPH SCOTT
GENE TIERNEY

'BELLE STARR

Also Chapter 9
"ADVENTURES OF FRANK AND JESSE JAMES"

Wednesday-Thursday, Sept. 15-16

DOUBLE FEATURE

ITCH

Don't Suffer Another Minute
Are you tormented with itching of
eczema, psoriasis, rashes, rough
hands or face, athletes foot, eruptions,
rectal itching or other externally
caused skin troubles? For

V. WORK WITH YOUTH

A. Organization

1. Three girls and one leader, Mrs. W. Stickley, who was awarded the Land Ladies Scholarship, attended the State 4-H Short Course. These girls paying their own expenses. Lauralee Fritts was made an All-Star.

4-H GIRL INITIATED INTO ALL-STAR CLUB AT V. P. I.

Lauralee Fritts of the Ninveh 4-H Club was initiated into the All Star organization at the Annual State 4-H Short Course held on the V. P. I. Campus during the week of June 28 to July 3. All Stars are chosen for outstanding service to their communities and clubs. Lauralee Fritts is the only Warren County All-Star since the year 1930. She is a recent graduate of the Warren County High School.

Others attending the State 4-H Course were Nancy Deavers, Dorothy Marlowe, both of Brownstown and Mrs. William Stickley, the Reliance 4-H leader.

4-H GIRLS PARTICIPATE IN AREA CONTEST

Warren County 4-H girls participated in the 4-H Area Contests held at Berryville on September 7th. These girls were selected to represent Warren County 4-H'ers for excellent project work and club participation.

Dorothy Marlowe and Nancy Deavers of the Brownstown club modeled School Outfits which they had made in their 4-H Clothing Projects.

Marguerite Newcome of the Otterburn 4-H club gave a demonstration on "The Canning of Tomatoes." Marguerite has canned 274 cans of vegetables and fruits this summer and is only eleven years old.

A food demonstration was given by Patsy Bowers and Lucy Burnette of the Reliance 4-H Club. They demonstrated "Making a 1-2-3-4 Cake." These girls have carried a Food Preparation Project this summer.

Blue awards were received by Patsy Bowers and Lucy Burnette. Red awards were given Dorothy Marlowe and Marguerite Newcome.

Four girls entered Area Contests.

13 girls and one leader attended District Camp.

V. WORK WITH YOUTH

A. Organization

1. 4-H leaders did a great deal in training the contest participants and attended the Area Contest with the girls.

The Council is only in its second year of organization and has much room for improvement and did well to accomplish some excellent results in certain objectives.

The Reliance 4-H club won the banner for 1948, having lost the banner to Lineton in 1947 - this fact stimulated their work for 1948.

2. Project Work

- a. As 5 of the 7 clubs meet during school hours and in the classroom, winter projects were limited. Projects selected were determined by girls, leaders and agent.
- b. 103 girls were enrolled in the following projects:

County 4-H Projects

Projects	No. Clubs	Membership	
		Enrollment	Completion
Care of Clothing	2	25	17
Make or Remake	2	3	2
So you'd like to sew	1	9	7
Food Preservation	3	17	9
Housekeeping	3	39	27
Food Preparation	4	38	25
Home Improvement	4	11	6
Totals	19	142	93

74.6% girls completed one or more projects.

65.4% girls completed at least one project.

- c. The objectives for all projects were to help the girls perform home-making jobs more efficiently, saving time, energy and money.

Result demonstrations begun in Home Improvement in 1947 by 2 4-H girls were completed. 11 method demonstrations were conducted in 2 clubs by leaders in the agent's absence.

V. WORK WITH YOUTH - Continued

C. Objectives

More enthusiasm was shown in the Food Preparation Projects. 1017 jars of food were canned by 9 girls reporting. Marguerite Newcome, of the Otterburn club, who is only eleven years old, canned 274 quarts of vegetables and fruits..(page 22).

Patricia Bowers of the Reliance 4-H club did the most outstanding work in food preparation (page 14 and page 22).

3. The following activities are discussed under County 4-H Council Page 20-23 :

State Short Course.
County-wide Picnic.
Achievement Night.

4. Leadership

11 method demonstrations were conducted by 2 4-H leaders. 2 teachers were most helpful in aiding 4-H work. 8 women served as 4-H leaders in 5 of the 7 4-H clubs. The work accomplishments in the agents absence by Mrs. J. E. Lewin and Mrs. C. Nicholson of the Otterburn club and Mrs. W. Sticklely of the Reliance club was most outstanding. They held all meetings in the absence of the agent and gave much time to the training of 4-H Area Contestants. 2 4-H leaders served on the Achievement Night committee. One 4-H leader attended camp and one attended the State Short Course. 3 older 4-H girls have served as junior leaders. Laurelee Fritts of the Nineveh club was made All-Star.

Leadership, both adult and junior, is steadily growing. The county-wide activities and publicity have helped to create more interest, also the realization by H. D. club members of the importance of 4-H work. 3 new 4-H leaders have volunteered their services for 1949.

VI. The agent has worked with the following agencies:

Warren County School
Warren County Recreation Association
Warren County Hospital Board
Warren County Tuberculosis Association
State Welfare Department
State Health Department

The agent worked closely with the Supervisor of Elementary Education, principals and teachers in making the Breakfast Survey (Page 8).

Requests for information and help from both Welfare and Health Department have been brought to the attention of the Departments by the agent.

Warren County Hospital Board and Warren County Tuberculosis Association have secured help from the agent in making contacts in the county.

VI. Through H. D. clubs, new members have been added to P. T. A. groups.

The agent has given assistance to the Warren County Recreation Association by stimulating interest, through H. D. clubs (see page 12).

VII. Evaluation

The most outstanding development has been leadership and the strengthening of the county H. D. and 4-H organization.

Due to illness, the agent was unable to be on the job for four months. The H. D. clubs carried on their program, (making minor changes), during her absence and throughout the year. Project leaders gave 40 method demonstrations - an increase of 19 over 1947.

45 new members have enrolled during 1948.

4-H clubs with H. D. members as leaders, have accomplished more than other clubs.

Recreational activities and publicity, particularly 4-H have strengthened the program.

Through the Breakfast Survey approximately 1150 families were contacted.

The "loan closets" have aroused much interest.

The interest created in communities and town and the fact that the H. D. organization is becoming strong enough to exert some influence has particularly resulted from the Federation goal work. "Health" was again chosen as the Federation goal for 1949.

The increased cooperation between the Reliance and Bownans communities has mainly resulted from the activities of the H. D. clubs.

The work with H. D. and 4-H has helped to strengthen the County Extension Program.

There has been an increased interest in the Extension Program by business concerns and other county and town agencies.

The work of the H. D. organization has been commended particularly by the Supervisor of Elementary Education and the County Health Nurse - the feeling as expressed by the former "that they have a bulwark of strength in the Home Demonstration Clubs."