

VIRGINIA

CULPEPER home demonstration agent Annual report 1942
county

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REPORT FILES
EXTENSION WORK

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK

CULPEPER COUNTY
VIRGINIA

HOME DEM AGENT ANNUAL REPORT

1942

Miss Elizabeth Farrer
Home Demonstration Agent

December 1, 1941 - December 1, 1942

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III. SCOPE OF WORK

Home demonstration clubs:

No. 7 Membership 170

Other groups sponsored by home demonstration clubs:

No. clubs -

White 8 Membership 150

Negro 2 Membership 28

A-H Clubs:

No. 7 Membership 94

Older Youth Groups:

No. 1 Membership 28

No. reached through special classes taught by agent _____.

No. Families reached through neighborhood & community leaders.

587

Estimate total number families reached 1,410. No.

Farm Families in County 2,000.

IV. ORGANIZATION

A county home demonstration committee was organized in the fall of 1941.

The membership of this organization is comprised of the presidents of the seven home demonstration clubs. From this number a chairman and a secretary were elected who serve as officers of the county group.

This organization serves as the nucleus ^{for} home demonstration work in the county. It promotes and assists with all county home

demonstration programs and assumes the responsibility of planning the major project work for all clubs.

Recommendations from the various clubs are submitted to this group for program planning. This committee considers these recommendations and after due consideration they are incorporated into a county plan of work, which is then adopted and used by the individual clubs. This county program thus enables all clubs to study and have the same demonstrations the same months.

In order to meet the need this program was revised somewhat after the attack on Pearl Harbor and more emphasis given to food production and conservation, as well as conservation of woolens, rubber, household equipment and such. Health through better nutrition was also adopted as the federation goal. Very satisfactory results have been obtained through this organization. The program which was carried out by the clubs showed splendid results accomplished.

This organization needed a fund to carry on its operation so a "Bake Sale" was held in the spring and members from various clubs were asked to assist by donating food which was sold. The sum of \$ 25.00 was realized from this sale. Meetings for training home demonstration club leaders were sponsored and financed by this organization. The adult Achievement Program is another meeting which this committee is responsible for seeing featured.

The County Agricultural Board is composed of both men and women members. The membership of this Board is determined by the number of communities and neighborhoods into which the county is mapped. Culpeper County is divided into eight communities and fifty-two

neighborhoods. Each of the eight communities has a man and a woman serving together as chairman and co-chairman of that respective group. There is a total of sixteen community chairmen. Each neighborhood also has two leaders, a man and a woman who serve together in their immediate locality. At the beginning of the year there were one hundred and four such leaders but due to tire shortage and gas rationing, which made it harder to contact all neighborhood people, ten additional leaders have been added to assist with contacting families within walking distance. Four older youths serve as assistants and help with the work of this Board. Two negro women are also members of this Board, they serve as neighborhood leaders and promote the work with their own race.

This organization functions very effectively and the members take pride in their work. They have been called on quite often this year to assist with various programs and carry information to families living within their communities and neighborhoods.

The Professional Workers Council has representatives of such agencies as Farm Security, Soil Conservation, Agricultural Adjustment Administration, Public Welfare, Home Economic Teachers, Home Demonstration Agent, and Farm Agent serving as members of the group. This Council is scheduled to meet regularly each month. However, if there is need for an extra meeting it is scheduled and conducted.

The home demonstration agent is a member of this Council. When home demonstration work was first introduced here she explained this program to the group and solicited the members help in acquainting the rural families with different phases of the program. As chairman of the local Home Economics Group she secured the assist-

ance of professional Home Economists in conducting Food Production and Food Conservation Meetings throughout the county. This was accomplished by assigning certain communities to different home economists. It was their responsibility to see that all neighborhood leaders received the needed information and passed it on to their group. These Home Economists also worked with the community chairmen and were responsible for seeing that meetings and demonstrations were conducted within their communities.

Besides working with two community groups in food production and conservation as well as the Home Economics Members of this Council the home agent has assumed responsibility for training and assisting one community group with such programs as; Purchasing of War Bonds, The President's 7-Point Program to Control Inflation, Salvaging of Scrap Materials, Farm Fires and Saving of Waste Fat.

The majority of meetings conducted, by the Council this year, have been relative to the war program.

V. LEADERSHIP

Adult Work

The five types of leaders assisting with the work in this county have accomplished a splendid job this year.

Twenty-eight women serve as club officers of the seven organized clubs. It is their job to see that meetings are conducted, the club's program of work accomplished, as well as records and reports completed and submitted to the home agent. Two training meetings, with an attendance of fourteen officers, were held during the year. Fourteen

project leaders have given, and assisted with giving, seventy-two demonstrations scheduled by the organized clubs. They have also helped with demonstrations which have been given ten unorganized groups. Three training meetings were held for these leaders and the attendance at such meetings was thirty. These leaders conducted such demonstrations as Conservation of Foods, American Cheese Making, Conservation of Woolens, and Care of Household Equipment. Four clubs had two demonstrations given by leaders without the assistance of the home agent. Two other clubs had one demonstration each, given by club leaders.

These fourteen leaders have given twenty-eight days to such work during the year.

Each of the seven organized clubs have a woman serving as chairman of the federation goal and another as chairman of the county campaign. One meeting of these leaders was held and attended by nine women.

Seventy-six women have served as community and neighborhood leaders during the past year. Three county meetings were held for training these leaders and the attendance at the same was eighty-three. These leaders were trained in five educational programs relating to the war effort. After receiving this training the leader did a fine piece of work in getting the information across to families within their localities. A large number of these leaders reported that they enjoyed doing the work, thought it was their patriotic duty, and were well pleased with the response received.

A-H Work

The seven organization leaders assisted with organizing and promoting the seven 4th clubs in this county. These leaders

worked closely with the club officers and were responsible for the success of monthly 4-H club meetings. They rendered assistance with all phases of the club program except the project work. Two training meetings were conducted for this group with an attendance of fourteen women.

Seven women served as regular project leaders and assisted the girls with their project work. However, due to meeting the girls in small neighborhood groups during the summer five additional women were secured to assist with project work during those months.

Three county-wide project leader training meetings were held with an attendance of twenty-five. Besides these meetings the home agent gave training and assistance to six individual leaders who found it impossible to attend the county meetings. Seven project meetings were conducted by leaders in the absence of the home agent.

Forty-two club officers serve as junior leaders of the seven organized clubs. With the assistance of adult leaders these officers plan and execute the year's program of work. The success or failure of the regular club program depends upon these leaders and how successful they are in getting the club plan of work accomplished month by month.

Two meetings, with seventy-eight such leaders attending, were held during the year. Training in parliamentary procedure and how to conduct club meetings was given these leaders.

Each of the seven 4-H clubs had three junior leaders who served as chairman of different project activities. It was their responsibility to interest and encourage club girls to accomplish the various phases of the project program. These leaders were given an opportunity at monthly meetings to work with the members and submit reports

as to progress. No regular meeting was scheduled for training these leaders, but individual assistance was rendered each one by the home agent. She met with them several times during the year and gave suggestions for solving their problems.

These leaders taken as a group accomplished a great deal during the past year. The majority of them worked hard to complete the assignments outlined by their clubs for the year. They contributed a great deal to the success of club work. Quite a few were new at the job, but assumed leadership of their club with interest and determination.

Older Youth

Six officers and two sponsors comprise the leaders for this group. The officers were really responsible for the success of the program, because the sponsors served only in an advisory capacity.

One leader training meeting was sponsored by this organization at which time officers were trained and a plan of work mapped out for the year. These officers displayed splendid leadership ability and featured interesting, worthwhile, monthly meetings until early summer. Because of several officers being called to service and members going else where to work the group decided to discontinue meetings for the duration.

VI. RESULTS

Home Demonstration Clubs

Foods, including production, conservation, and nutrition were given major emphasis during the past year. Such demonstrations as, What Constitutes an Adequate Diet; Nutritious Ways of Serving Vegetables

and Fruits; Cheese, Egg, and Milk Dishes; Conservation of Breeds and Cereals; Conservation of Fruits, Vegetables, and Meats, constituted major demonstrations given organized groups. Such methods as canning, drying, brining, and sulphuring being demonstrated as means of conserving the different types of food.

The years program begun with discussions and meetings dealing with food production. The government issued food production goals which were presented to rural families with the request that they assist in meeting such goals by producing more of the needed foods and feeds.

In order to impress the families with the need of increased production and to assist them with their problems of Home Gardening and Poultry Raising, community meetings featuring such topics were conducted in February. These meetings were sponsored jointly by the Home Demonstration Committee and County Board of Agriculture. The gardening and poultry specialists from the State Extension Service led the discussions; one dealing with poultry and the other with gardening at each of the eight community meetings.

Each home demonstration club and agricultural board member was requested to interest all families in the county in growing better year round gardens, and producing sufficient poultry to feed their families. As an outcome of this undertaking more and better gardens were grown in Culpeper County than ever before. A larger variety of greens and root vegetables were and are being grown and used. The home demonstration club members report producing, preparing, and serving two and three different vegetables never before grown in their gardens.

Families that never had chickens before are producing them this year for home consumption.

In order to increase interest in these projects each com-

munity featured a demonstration garden and a demonstration flock. These demonstrators followed suggestions given by the home agent, kept records, made reports, and always welcomed visitors. Quite a number of the neighborhood people, who were in walking distance, visited these demonstrations and profited by the information gained. The demonstrators reported that the demonstrations had been of real value to them individually. They had gained so much information which they gladly passed on to other families. They said that altho the work had been hard it had been interesting. Quite a number of the demonstrators had never kept records before but they were well pleased with that phase of the demonstration.

The conservation phase of the food program started in the spring with canning of strawberries and continued throughout the year. Demonstrations teaching methods of conserving fruits, vegetables, and meats were given in the majority of neighborhoods in the county. Club members and neighborhood leaders attending such demonstrations were requested to pass on the information gained to other homemakers in their sections. This was accomplished to a large extent because reports indicate that 689 families have been reached in this manner. The home demonstration clubs featured canning and drying of vegetables as their July and August demonstrations. Considerable interest was displayed in these demonstrations and requests for canning information has been heavy throughout the entire year. The meat canning program is beginning this month with demonstrations showing how to can various types of meat. All clubs have such demonstrations scheduled for either their November or December meetings.

Twenty-five homemakers realizing the importance of canning meats under pressure were able to purchase pressure cookers this year. They are being used for canning non-acid vegetables as well as meats.

Special emphasis has been given the storage of food after canning. Eighteen homemakers report having improved or remodeled their Canned Food Storage Spaces. Several constructed shelves on which to store the cans, others improved the ventilations and increased shelf space. Each of the seven home demonstration clubs conducted meetings on Storage of Fruits and Vegetables. Neighborhood and home demonstration club leaders were also trained along this line and they rendered assistance by getting such information passed on to other farm families. Considerable food has been stored in this county using different types of storage. Reports indicate that 3,266 bushels have been stored by home demonstration club members. Canning reports reveal that 29,470 quarts of food have been conserved by homemakers this past year.

Stirred Curd Cheese is another product which has been made in large quantities and conserved by local homemakers. This demonstration has been given to various neighborhood groups throughout the county, and requests for the same continue to come into the home agent's office. It has been one of the most popular demonstrations given since the work was introduced. Considerably more cheese has been made this year than last. One homemaker realizing the importance of cheese as a "Victory Food Special" has made sixty-eight pounds since September. She has given a portion of this to tenant families living on her farm.

The total number of pounds of cheese made by women this year amounted to 387 pounds. Several homemakers continue to make this product throughout the winter and spring months.

Nutrition, including what constitutes an adequate diet; how to prepare fruits and vegetables so as to retain food value; whole wheat breads and cereals; and getting more milk and eggs in the diet were

the demonstrations given to club members and unorganized groups. More attention is being given to improving Nutrition than ever before. The homemakers throughout the county have become Nutrition conscious and are doing what they can to improve the diets of their families. Two hundred and eighty-one women report that the home demonstration program has been of assistance to them in improving these diets. Menus comprising more milk, eggs, home made whole wheat bread, fruits and green vegetables are being used by the club members. Farm women are using the Yardstick of Nutrition as their guide and are really preparing and serving meals which meet this requirement.

In order to continue practicing better nutrition during the winter and spring months a larger variety of foods were produced, canned, and stored than ever before by rural homemakers. Women who never thought of canning greens, or making sauerkraut have both made and stored for winter use.

Edible soy beans and winter squash are two of the vegetables grown by a large number of farm families this year.

Consumer problems which needed to be considered in purchasing clothing have been presented ^{at} home demonstration club meetings. The members are becoming conscious of such problems and are on the alert when making purchases. Club women have been advised relative to the different kinds of materials, piece goods, and substitutes which are being placed on the market today. It is necessary and essential that the different types of materials be introduced, but it is also important that the homemakers be advised as how to use, treat, and care for these substitutes. Such information as is available has been released to the women of the county. This was accomplished through demonstrations, news articles, let-

ters, and passing on of information by individual women.

The phase of clothing conservation studied by homemakers of this county was how to conserve and treat woolens so as to make them last for the duration. A demonstration on washing of woolens, dry cleaning of such garments, and how to store them was conducted for the organized groups. Considerable interest was shown in this demonstration which was given by the club leaders.

From the reports heard at meetings the women obtained valuable assistance from this conservation project and used the information gained in caring for their sweaters and woolens this year.

The only clothing construction demonstration featured in the 1942 plan of work was that of Work Garments for Women and Children. This demonstration proved to be most worthwhile and beneficial to the women. As an outcome of the same, the members have made, and are making work garments like the ones featured in the demonstration. Twenty women tell of having made Victory Aprons and other type aprons to use for work. One member was so pleased with the different type of aprons that she is making several to give as Christmas gifts to her mother and friends. The construction suggestions given in connection with this demonstration are being used by the women. Several women told of making wearable blouses from their husbands' old, worn, shirts. The rag bag has also been ransacked and all available pieces used for making one garment or another.

How to conserve household equipment and make it last longer was taught the different clubs at the May club meetings. Reports submitted indicate that homemakers are doing what they can to take care of household equipment and make it last for the emergency. This demonstration served a two fold purpose. It made the homemakers realize that such

equipment could not be replaced for the present and that it must be cared for so as to extend the usability of each piece. In connection with the household equipment, a kitchen arrangement demonstration was featured. Eight women have improved the arrangement of their kitchens since this demonstration and made them more convenient and step-saving. One leader told the home agent that she had no idea of the number of steps she made in her kitchen until after seeing the demonstration. She walked miles in preparing meals each day. Since then she has improved the arrangement so as to cut down on the number of steps taken in a day. More convenient storage spaces are needed however, and she plans to have these constructed from lumber already purchased.

Two women in this county have kept inadequate home accounts for the past year. This was their first attempt at account keeping and they report having enjoyed doing it and shall try to do a better job during 1943. Altho these accounts have not been completely kept as to each individual item they have however made the women realize the importance and necessity of keeping home accounts.

Home Demonstration Club Activities:

Health, Through Better Nutrition was the federation goal sponsored by club members this past year. A committee consisting of the county, and club goal chairman met in the early winter and planned a program for the county. This consisted of various activities relative to nutrition which might be accomplished by the individual, the family, and the community. Sheets with suggestions outlined were distributed to the members with a request that they attempt to improve or correct any Nutritional deficiency they might have or any member of the family might have.

Records submitted indicate that improvement in Health has been obtained because of improved Nutrition. The homemakers and their families have endeavored to form better eating habits which has had decided affect on the health of many.

The county campaign sponsored by the Agricultural Board and Home Demonstration Committee was considered quite successful.

Better Home Gardens and Poultry Flocks, was the campaign conducted in all communities and neighborhoods of the county. Members and leaders of both county organizations assumed the responsibility of getting all type of families interested in this campaign for their own personal good. Plans were developed at the January Meeting of the Board, where by all families would be reached through this campaign. The members did an outstanding piece of work and practically every farm family was contacted and encouraged to grow a better year round garden and produce sufficient poultry to feed the family. In quite a number of instances gardens were plowed and seed donated by men and women members of the Board. Others had gardens of their tenants and laborers planted and worked just as they did their own. Families with poultry flocks were encouraged to increase their production while the families with no flocks were requested to start one.

Besides conducting community meetings relative to the campaign the home demonstration clubs have given a portion of several meetings to timely discussions on gardening and poultry raising. The poultry and gardening demonstrators for each community were asked to make reports at different club meetings so that the public might hear what was being accomplished. More and better gardens were grown than ever before and more attention paid to poultry production than in previous years..

The Mattress Making Project which was closed in Novem-

ber 1941, due to cold weather and no available place for processing, was reopened this past spring. Eighty-six mattresses were processed this year, which covered the allotment of cotton and ticking assigned to Culpeper County. One hundred and fifty five mattresses were made in the fall of 1941, this making a total of two hundred and forty-one mattresses processed by low-income families of this county. These families are delighted with their mattresses and do not hesitate to tell the home agent every time they see her. The majority of them have protectors for the mattresses and are keeping them in good, clean condition.

Three all-day Community Canning Meetings were held during August for the purpose of canning fruits and vegetables for school lunch projects. This was cooperative work being conducted jointly between P. T. A.'s and Home Demonstration Clubs. Due to weather conditions the tomatoes were not as plentiful or donations as large as last year. Two hundred and twenty-four quarts of food were canned including vegetables, soup mixture and fruits.

One club in this county with a membership of thirty-two has accomplished a great deal during the year. In spite of gas rationing and tire shortage they have conducted twelve meetings with an average attendance of twenty. The club leaders conducted three demonstrations in the absence of the home agent and members were loud in the praise of their work. The officers and leaders have been present at every county meeting they were supposed to attend. The members have sponsored demonstrations for two unorganized groups, one of these being a colored group.

Information has been passed on to seventy-seven families by these club members. Both a demonstration garden and poultry flock were conducted by two members and they did a splendid job. A community picnic was sponsored by this club in August and approximately fifty people from the locality attended and enjoyed the outing. Besides club activities the women

have been busy at home and their records show 6290 quarts of food canned, 367 bushels stored and 282 pounds dried. Two families of this group made 165 gallons of sorghum molasses. The club members are really interested in home demonstration work and take advantage of every opportunity it offers. They have promoted and increased interest in the work in their community until all homemakers are eager to belong to the club.

Seventeen women from Calpeper County attended the District Federation Meeting held in Charlottesville in April. Two local women participated in this program. The women were well pleased with the program and invited the Federation to meet with them next spring.

The first adult Achievement Program for this county was held in October, but due to existing conditions following a flood the attendance was affected. A splendid program had been arranged and the women were well pleased with interest displayed in the same.

Agricultural Board:

This Board has cooperated and participated in the following programs: Victory Gardens, War Bond Pledges, Inflation, Salvaging of Scrap Materials, Waste Fat, and is beginning to assist with Share The Meat Program. As a professional worker the home agent has been responsible for training the neighborhood leaders in one community of the county. She has also assisted the community chairman and co-chairman in scheduling meetings and conducting them in their community. Each of the professional workers was assigned to a specific community in the county early in January. The same community has been retained by these workers and they have trained neighborhood leaders to assist with the various programs.

A meeting of professional workers for explaining Share

The Meet Program has just been held. It went over nicely and indications are that this program will be successfully conducted.

A-H Clubs

Project Works:

Clothing was selected as the personal project to be given major emphasis by club girls last year. This project included such work as caring for clothing to make it last longer, how to wash a sweater, saving garments and buying only what was needed as well as construction of garments.

Ninety-four girls were enrolled in this project and seventy-two of that number completed the work and submitted reports. These girls made a total of four hundred and forty five garments and remodeled seventy-four, besides mending and cleaning three hundred and eighty-eight garments. Personal accounts were also kept by these members.

These club girls conducted family projects in cooperation with their parents. These comprised such jobs as milking, cleaning the house, packing lunches, feeding and caring for the chickens, assisting with vegetable gardening and canning. Seventy-two girls reported canning and assisting with canning 9,671 quarts of fruits and vegetables. Sixty-four girls planned and served meals regularly which was of great help to their mothers.

Each of the organized clubs was encouraged to conduct a Community project and the majority of them featured such activities as collecting and salvaging aluminum, rubber, paper, etc. These members rendered assistance by also collecting scrap iron. One club purchased an electric sewing machine which is being used by both girls and homemakers living in that community. Others contributed money or food toward help-

with school lunches.

The Health project consisted of building strong bodies by eating the right food. Nutrition, including eating an adequate diet, was studied and discussed by these members. They kept a 4-H Food Habit Guide and scored themselves as to improvements made from season to season. This guide helped them to remember and pay more attention to eating the right type of foods. This in turn improved their health. The majority of members are eating a more adequate diet and drinking more milk.

Different types of community recreation were featured by the clubs. These included socials conducted for fun, picnics, weenie roasts, and cook out suppers. These were held in the communities and attendance was fine, considering tire shortage and gas rationing. Quite a few walked while others filled their cars with neighbors and brought them along. Songs and games were the types of recreation featured at these gatherings.

Five of the seven organized clubs raised funds by one means or another for the purpose of sending delegates to District Camps. Eleven boys and girls, representing five clubs, attended camp at Holliday Lake. This was their first encampment at that place, but the members enjoyed it as much as Jamestown where they had been accustomed to camping.

A county 4-H Clothing and Canning Contest was held in October with seventeen girls participating. This was the first contest to be held here for club girls and the interest shown was gratifying.

The members of one club in this county have done exceptionally good work during the year. They are very active and take an

interest in all phases of club work. These members always function when appointed on committees and asked to assist.

Of the twenty-one enrolled sixteen completed their work. The others would have completed but left the community to take jobs or go into war work. This club sent three delegates to district camp. It had four girls to participate in the County Clothing Contest and one of them was fortunate enough to be the county winner.

The sponsor and leader work closely with these members and render any assistance possible. 1,484 quarts of food were canned by these girls and one hundred and seventy seven garments made. Majority of the members are purchasing War Bonds and Stamps. They have assisted with the Scrap Drive as well as other war activities.

Older Youth :

The membership of this organized group has become so small that it became necessary to discontinue meetings for the duration. The majority of young men have been drafted for service and the young women have gone into war work. From the number left however an Older Youth Committee has been appointed. This permanent committee was retained so as to be in readiness at any time.

Before disbanding this group featured such programs as: Producing the needed food supply for the family, consumer education, home safety, first aid, Nutrition as an aid to health, prevention of fires on the farm and in the home. Both educational and recreational programs were featured and enjoyed by the members. This group made liberal contributions to the Red Cross and for other community betterment.

Other Work Done by Home Demonstration Agent

The home agent has served as chairman of the County home economic workers. This committee has met quite often during the year at which time reports of accomplishments were submitted and plans made for conducting other activities. Production and Conservation of foods, including canning, drying and storing; how to spend your money wisely, and how to care for household equipment were decided as the major projects needing to be stressed throughout the county. Each worker assumed responsibility for seeing that such information was gotten to families within a certain community. This was accomplished through neighborhood demonstrations, training of leaders who passed on the work, home visits and letters. This was accomplished very successfully in all communities, but response was much better in some neighborhoods than others.

The home agent has worked very closely with the sponsors and lay members of the county Nutrition Committee. Much publicity has been given to nutrition through this committee. One class in nutrition has been taught by the professional home economic's sponsor. The home agent rendered some assistance with this class.

The local Office of Civilian Defense uses the home agent and her office as a clearing house for all items relating to nutrition. She is also a member of the C. C. D. and assists with various war programs when requested.

The Salvage Committee has been assisted by giving publicity to the drive through meetings of the home demonstration clubs, 4-H clubs and others. Members of each were urged to assist with this war program by collecting and turning in all available materials needed for defense purposes.

The chairman, co-chairman, and neighborhood leaders of one

community group were taught, by the home agent, how to conduct the drive for War Bonds pledges.

Besides supervising the canning of fruits and vegetables for school lunches, the home agent has assisted with this project by supplying menus, recipes, and suggestions for preparing and serving foods in the lunch rooms. Plans and suggestions for arranging lunch rooms conveniently have been given to two groups who were constructing and making changes in the kitchen arrangement.

The home agent has rendered personal assistance by doing some sewing for the Red Cross. She has encouraged home demonstration women to do sewing and knitting for this organization.

A report of the mattress program and supervision assumed by the home agent was related under Home Demonstration Club Activities.

VII.

The most significant contribution the home demonstration program has made to Culpeper County this year is the fine manner in which the assistance and cooperation of all members have been secured in promoting the war effort. This program has kept the rural homemaker informed and prepared for changing conditions.

Its effort in getting food produced and conserved is a major contribution as well as developing leadership.