

**ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK**

**HENRICO COUNTY
VIRGINIA**

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December 1, 1943 - November 30, 1944**

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TABLE OF CONTENTS

I.	COVER AND TITLE PAGE		
II.	TABLE OF CONTENTS		
III.	SCOPE OF WORK	1	1
IV.	ORGANIZATION		
	County Home Demonstration Committee	1	2
	County Agricultural Board		3
	Professional Workers' Council		4
V.	LEADERSHIP		
	Adult Work	4	6
	4-H Club Work	6	7
	Older Youth	7	7
VI.	RESULTS		
	HOME DEMONSTRATION CLUBS		
	Project Work	7	16
	Home Demonstration Activities	16	19
	AGRICULTURAL BOARD		19
	4-H CLUBS		
	Project Work	19	22
	Community Activities	22	23
	OLDER YOUTH	23	24
	COOPERATION WITH OTHER ORGANIZATIONS		
	County Home Economist		24
	County Nutrition Committee		24
	Office of Civilian Defense and USO		24
	Salvage Committee	24	25
	War Bond Drive		25
	School Lunch		25
	Red Cross		25
VII.	APPRAISAL OF WORK	25	26

III. SCOPE OF WORK

A. Home demonstration clubs:

Number 18 Membership 637

Other groups sponsored by home demonstration clubs:

White 3 Membership 86

Negro 2 Membership 22

B. 4-H Clubs:

Number 14 Membership 358

C. Older Youth Groups:

Number 2 Membership 59

D. Number reached through special classes taught by agent 564

E. Number families reached through neighborhood and community leaders 1778

F. Estimate total number families reached 2790 No. farm families in county 1222 No. non-farm families in county 8005

IV. ORGANIZATION

A. County Home Demonstration Committee

Henrico County Home Demonstration Committee is composed of two representatives from each home demonstration club, seven officers of the committee, co-chairmen of the County Agricultural Board, and the chairman of the County Federation goal, making a total of thirty-two members.

The Home Demonstration Committee held a meeting in the fall of 1943 to plan the 1944 County Program of Work. The representatives from all the clubs reported the problems and needs of the families in their respective communities.

As a result of the needs and problems reported and discussed, the County Program of Work was made. At a meeting held early in the year, the president presented a suggested list of goals she was desirous of all clubs to accomplish. These goals were adopted and a copy was given to the officers in the home demonstration clubs. A copy of these goals will be found in the appendix.

The Home Demonstration Committee paid the expenses of the president and one other delegate to attend the delegated meeting of the State Federation of Home Demonstration Clubs held in June at the Agricultural College. The two delegates attended a meeting of all the clubs and gave a very fine report.

The fund for an ambulance to be used for the war effort was sponsored in the county by the committee. A total of \$50.00 was given by the clubs in the county.

A meeting was held in the spring to make plans for the food conservation work and other summer activities. As a result of this planning, food conservation demonstrations were given in eighteen neighborhoods. The club women offered their services and assisted small groups of women who were inexperienced in the art of canning.

An all-day meeting was held in September; the morning being devoted to the business of the Federation and the presentation by the agent of the background and facts for planning and the afternoon was devoted to planning the 1945 Program of Work.

The Home Demonstration Committee is a working organization assuming its responsibilities and giving its utmost support and cooperation to the agents.

B. County Agricultural Board

Henrico County Agricultural Board is composed of one man and one woman chairman from six communities. There are fifty-five white neighborhoods with fifty-five women leaders and fifty-two men leaders. With the assistance of the negro farm agent and negro school supervisor, the negro farm population was mapped out into eighteen neighborhoods with twenty-nine men leaders and eight women leaders.

The Agricultural Board held three meetings during the year; one in December to make plans for the "Food Fights For Freedom" program, one in January to present the Food Production Goals for the county and one in August to check on these goals. A total of seventy-three men and women chairmen attended the three meetings.

In December, nine community and neighborhood meetings were held to train and give instructions to the leaders on the "Food Fights For Freedom" campaign. All the material to be distributed to the families was given to the neighborhood leaders at these meetings. The film strip "Soldiers of the Soil" was shown at all nine meetings. A total of twenty-one community and neighborhood meetings for the leaders and other interested persons were held during the year with an attendance of 525.

The community and neighborhood leaders were entirely responsible for the families increasing food production and reaching the goals set for Henrico County. The "Leader's Digest" prepared and printed at the Agricultural College has been mailed to the leaders each month from this office and the information in the Digest carried to the families.

C. Professional Workers' Conference

The Professional Workers' Council is represented by the following agencies: three white and one negro home economics teachers, one negro agricultural teacher, one Soil Conservation Supervisor, white and negro farm agent, white and negro home demonstration agent, white assistant home demonstration agent, one representative from Production Credit and the Superintendent of Public Welfare. Three meetings were held by the Council; one to make plans for the campaign, "Food Fights For Freedom", one on production goals and one to plan the County Food Conservation program.

The agents attended all meetings held by the Council and took part in all the discussions and planning. The agent and assistant agent worked in the communities to which they were assigned and attended all meetings called by the community and neighborhood leaders.

V. LEADERSHIP

A. Adult Work

There were 105 organization leaders who gave a total of 1,260 days to their leadership work in carrying out the duties of their offices. Sixteen training meetings were held with 130 attending. These organization leaders were responsible for the business meeting of each club and carried out their duties in a most efficient way.

The eighty-eight project leaders attended nine leader training meetings with ninety-eight leaders attending. These leaders gave 262 days to attending training meetings, study, preparation of materials and the giving of forty-two demonstrations without assistance from the agent. One leader cleaned and adjusted thirteen sewing machines in her neighborhood. All of the fifteen leaders

who attended the training meeting for sewing machines have given a demonstration in their neighborhood cleaning and adjusting one or more sewing machines.

The leaders who attended the training meeting on cleaning, blocking and restyling hats reported they gave demonstrations on hats at sixteen small neighborhood groups in addition to giving the demonstration at the home demonstration club meetings.

Fourteen garden and poultry leaders attended a leader training meeting held in January and May at which the Garden and Poultry Specialist from the Agricultural College gave them information which they presented at the home demonstration club meetings during the ten minute period allotted to them. Manuals prepared by the specialists on the information to be presented at each club meeting were given to each leader. After the presentation of this information, an interesting list of questions and discussion followed. These leaders devoted 112 days to their leadership work.

Twelve Federation Goal, "Conservation", leaders held a meeting in January to make plans for a program of work which could be used as a guide in each club. The suggested program of work will be found in the appendix.

The suggested program of work included conservation of food, clothing, house furnishings, time and energy. Each leader had a regular place on the program each month and presented timely suggestions on conservation. These leaders gave 120 days to the conservation program. The results of the work will be found under project results.

One hundred and fifty-six community and neighborhood leaders attended twelve training meetings with 395 attending. These leaders devoted 780 days to

carrying information to farm and non-farm families.

Every woman who attends a home demonstration club meeting is considered a potential leader. These club members reported they had taken information received at home demonstration club meetings to 327 families and had given 141 demonstrations.

B. 4-H Club Work

Nineteen adult leaders assisted with the 4-H Club program. Nine leader training meetings were held during the year with 101 leaders attending. One meeting was held at the beginning of the year for the purpose of perfecting the organizations, making plans and setting goals for the year's work, and one at the end of the year to check progress and results. Other meetings were held to train leaders in the project work. The leaders held sixteen club meetings without the assistance of the agent and gave 266 days to the 4-H program.

The most outstanding use of leaders was their meeting with the girls in small groups during the summer months giving demonstrations in canning and food preparation and meeting with the clubs when the agent was working elsewhere.

Fifty-six officers carried on the business meetings of the clubs in an efficient and orderly manner. Fifty-five junior project leaders were elected by their project group members. The girls felt a great responsibility in being elected junior leader and gave valuable assistance to the agent in project instructions and keeping records. 4-H chevrons made by the agent from green and white felt scrap material purchased from a Flag Company at a cost of twenty-five cents were given to each project leader to wear on her sweater or dress.

Sponsors for the fourteen clubs gave valuable assistance to the clubs in planning programs, arranging for meeting place and looking after many details.

C. Older Youth

Ten organization leaders of the two older youth groups carried on the business of the groups and were entirely responsible for the programs and the community service activities sponsored by the groups.

VI. RESULTS

A. Home Demonstration Clubs

1. Project Work

a. Food

(1) Production

The food production program was a most outstanding achievement which made a great contribution to the war effort. The work began in January when the food production chairman from each club attended a training meeting at which the specialists gave instructions in gardening and poultry production. The February meeting of all the clubs was devoted to food production with the chairman having charge of presenting the information, and emphasis on the fall gardens was stressed at the June meetings. The Conservation Chairman continued through the year giving timely information in each club. The agents feel that by their talks at club meetings and individual contacts through visits to farm and non-farm homes, more food for home use and the market was produced during the past year.

One hundred per cent of home demonstration club members had home gardens and ninety-five per cent had home poultry flocks.

(2) Conservation

Demonstrations on canning fruits and vegetables were given by the agents at sixteen home demonstration groups and twelve demonstrations were given on canning pork, beef and chicken. During the summer months and hog killing season, the three pressure cookers owned by the home demonstration department were in constant use by the women in the county. A mimeographed sheet was prepared by the agents and mailed to 600 women giving information and cautions in canning and instructions on how to use the various closures available. The agents answered 336 telephone calls for information on canning and distributed 1,200 copies of bulletins and leaflets.

The agents believe that the rural women canned more food this past year.

The following results were reported by the women:

80,304 quarts of fruits and vegetables canned.
3,328 quarts of meat and chicken canned.
20,904 containers of jam, jellies, preserves and pickles.
5,812 pounds of fruits and vegetables dried.
5,812 bushels of food stored.
1,188 gallons of vegetables and fish preserved by brining and salting.
181 pounds of fruit and vegetables frozen.

Three demonstrations were given on making American Cheese using the surplus milk at home.

The first county cannery was established in Henrico County under the supervision of the Department of Education. The agents cooperated with this project giving one day a week in supervision and instructions. Up to the present time, 35,000 cans of food has been processed at the cannery by 294

families with 882 persons receiving instructions.

An Emergency War Food Production and Conservation Assistant for the City of Richmond, Chesterfield and Henrico Counties began work March 1, 1944 with headquarters in the office of the home demonstration agent. The first two weeks the emergency worker made individual and group contacts to promote the emergency food program. To acquaint the people with the program, visits were made to the seed stores, Office of Civilian Defense, Directors of the YMCA and YWCA, Superintendents of Schools in the City of Richmond, Chesterfield and Henrico Counties, ministers of the city and counties, and local growers of vegetable plants.

The emergency worker attended the meeting of the Richmond Federation of Garden Clubs and spoke on "Food Production". Talks on "Gardening" were given at the meetings of ten garden clubs. In twelve schools in the city, the emergency worker met at three different times the fifth and sixth grades and Jr. High School students and talked on gardens interesting these young people in having a victory garden of their own, or helping to produce food in the family garden. These talks were followed up by visits to the gardens cared for by the school children. A talk on "Victory Gardening" was given to the employees of one of the large department stores.

A letter containing information on gardening was mailed to the block leaders under the Office of Civilian Defense and this information was carried to their families. In June, a letter was mailed to 200 families who had been given assistance with their spring garden giving information on planting for a fall and winter garden. By June, the gardens were well underway and many requests came

for help on the control of diseases and insects. These requests were answered by a visit to the garden and 250 copies of the Miscellaneous Publication #525 "A Victory Gardener's Handbook on Insects and Diseases" were given or mailed.

A great deal of help was given to the families who had not planted gardens before in the new developments in the suburban area around Richmond. An interested neighborhood group met at different homes in the evening to discuss gardening.

Two canning demonstrations were given to the sixth and seventh grade girls in an urban high school. Three demonstrations were given to a nutrition class of women in Chesterfield County. A demonstration was given to a group of women on the soybean and soy flour.

The emergency worker assisted the home demonstration agent with the twenty-five girls carrying the Sears' Victory Garden Project. Thirty-six visits were made to their gardens giving them information on cultivation and control of insects. Three canning demonstrations were given to women in the Model Kitchen of the Department of Public Utilities. One day was given to assist with the Pressure Cooker Gauge Clinic at which time 205 pressure cooker gauges and valves were tested by a representative from the National Pressure Cooker Company.

As a result of the demonstrations on using a pressure cooker for canning non-acid vegetables, about thirty women have been influenced to purchase a cooker. Many requests were received for giving instructions on using the pressure cooker purchased this year.

The emergency worker prepared articles on "Victory Gardening" for the June and July edition of the Virginia Gardens published by the Virginia

Federation of Garden Clubs. Fifteen articles were prepared and published in the newspapers. A total of 513 visits were made in giving information, instructions, and assistance in the production and conservation of food. Thirty-five demonstrations were given to adults with 520 attending. Twenty-three were given to juniors with 1,653 attending. Thirty-one other meetings were attended with an attendance of 543. Two thousand three hundred and twelve bulletins and leaflets on production and conservation were given families.

The emergency worker gave assistance to 3,229 persons in the food production and conservation program and believes that more food was produced and conserved through the efforts of the worker.

(3) Nutrition - The agents cooperated with the County Nutrition Committee in sponsoring and making all plans and arrangements for a School Cafeteria Managers' Institute. The purpose of this meeting was to give information to the managers on sanitation, food necessary for the growing child, school lunch menus and points on good buying. Twenty-five pieces of helpful material was given each manager. Nine out of eleven managers attended. A free lunch was served by a Red Cross Canteen Unit.

The school cafeterias in Henrico County are running on a concession basis, and this was the first attempt to give any assistance to the managers. The Superintendent of Schools and Cafeteria Managers were pleased with the results of the meeting.

Three demonstrations were given on the use of the soybean and soy flour, and the importance of these products as meat alternates and extenders. The November meeting of all the home demonstration clubs was devoted to the demonstration, "Holiday Meals from Home Canned Food". Different and unusual dishes

were prepared from the following home canned foods: meat, snaps, tomatoes, sweet potatoes, and canned peaches.

b. Clothing

(1) Consumer problems

(a) Buying - The agents have assisted 758 families this year with "making versus buying" decisions. It has been the aim of the agents to present to the women in a convincing manner, points to be considered in good buying and the difference in material purchased for home sewing against buying garments ready-made.

As a result of the discussions on good buying, 128 requests were made for the Farmer's Bulletin, "Women's Dresses and Slips - A Buying Guide".

(b) Care - The Conservation Chairman in her timely talks at each club meeting gave to the women helpful suggestions and information on the care of clothing. "How to Wash the Wartime Fabrics", a splendid leaflet prepared by Proctor and Gamble, was given to each club member.

(c) War production regulation - The agents presented to the women at the club meetings war production regulations of the various commodities which were of interest to the women. The outlook for 1944 was presented by the agents at the January club meeting and gave to the women a clearer picture of the situation. As regulations were released by the War Board, they were brought to the attention of the women.

(d) Substitute fabrics - Because of the shortage of cotton goods for dresses and undergarments, the agents urged the women to salvage all feed bags that were usable which made a good substitute for sturdy underwear

and work dresses. The agents have given detailed instructions on the care of rayon since it has entirely replaced silk. The women have been informed about the qualities and use of aralac, the new fabric produced from the casein in milk.

(2) Conservation

(a) Storage of Woolen garments - At the May meeting of the women's clubs, the Conservation Chairman gave a demonstration to 485 women on the storage of winter woolens. The leaflet, "Take Care of the Wool You Have", prepared by the Bureau of Home Economics, was given to each member present. Other requests came to the office for this leaflet.

(b) Sewing machine clinics - Seventeen leaders attended the sewing machine clinic and repair of small electrical equipment at which time the specialist from the Agricultural College gave instructions in cleaning and adjusting eleven sewing machines and repaired six articles of small electrical equipment. Nineteen demonstrations were given at home demonstration club meetings resulting in 236 sewing machines cleaned and adjusted and thirty articles of small electrical equipment repaired. Many of these machines which were cleaned and adjusted had not been in use for some time. Some were taken out of the attic and some were stored in out buildings.

This service has been valuable to the women and has indeed met a war time need since sewing machines were not manufactured for civilian use.

(3) Construction

(a) New garments - The agents have encouraged and more or less inspired 516 women to do more home construction of garments because of more value received. Information on construction has been given at group

meetings and individually to women who were beginners. As a result of this information, the women reported making 3,752 garments.

(b) Remodeling clinics - Eighteen leaders attended a clinic for remodeling garments and restyling hats. As a result of this clinic, the agents assisted the leaders in giving fifteen demonstrations at club meetings. One hundred and eighty-two hats were cleaned, blocked and restyled and sixty-three garments remodeled.

The women reported:

904 hats cleaned, blocked and restyled.
1,512 garments remodeled.
2,824 garments made from used material.

The clothing conservation program was a most outstanding and economical achievement and has indeed met the needs as women have been urged to "make-over-wear it out - or do without".

c. House

(1) House repair - The conservation chairman gave timely hints and information at club meetings on keeping house, steps, gates, fences and out buildings in repair. Because of the shortage of labor, members of families have been compelled to do their own repair work. One woman reported she and her husband renovated their hot water heating system and did all plumbing without the aid of a plumber. Five women reported painting the outside of their homes.

d. House Furnishings

(1) Conservation

(a) Woolens - Twelve demonstrations were given by the leaders on making hooked, plaited, and crocheted rugs from used material.

The women reported making 153 rugs at home. Instructions were given to 368 women on shampooing upholstery.

(b) Furniture and furnishings - Sixteen demonstrations were given at all-day group meetings on upholstering, tying springs, refinishing furniture and reseating chairs. As a result of these demonstrations

24 chairs and sofas were upholstered and springs tied.
24 chairs were reseated.
31 cushions were remade.

After instructions were given at the group meetings, the women carried this information into their neighborhoods and reported

1,208 house furnishing articles were made from used material.
840 pieces of furniture were refinished, remodeled, or upholstered.
256 chairs were reseated.

The services and assistance given to the women in the conservation program of furniture and furnishings has made the homes in the county more attractive and livable. It has also been an economical war measure as the women have been urged to make use of material on hand.

2. Construction

(a) Slip covers and other furnishings - Demonstrations on making slip covers were given at three group meetings completing nine slip covers. Two demonstrations were given on recovering lamp shade frames. This information will prove to be a great saving to the women because of the present cost of new lamp shades. Draperies and curtains were demonstrated at one club meeting. The women reported making 1,296 furnishings from new material.

e. Home Management

(1) Time and energy management - Two meetings during the year

of the sixteen home demonstration clubs were devoted to home management giving the following lecture demonstrations: "Simplifying Household Tasks Through Improving Methods of Work and Acquiring New Skills" and "Saving Time and Energy Through Efficient Planning."

f. Consumer Problems

Information and assistance on consumer problems has been given to the women during the year. The agents have stressed the importance of doing without and only buying what is necessary. Civilian goods manufactured during war time is a poorer quality of materials and workmanship, and the women were advised to take care of equipment on hand.

2. Home Demonstration Club Activities:

a. Federation Goal - Conservation of food clothing, household equipment, time and energy was selected by the Home Demonstration Committee as the County Federation Goal. The president of each home demonstration club appointed a Federation Goal Chairman. The club chairmen held a meeting in January to work out a program of work to be used by the chairmen in presenting the material at club meeting. This program will be found in the appendix. Each chairman had ten minutes at every club meeting to give demonstrations or talks on conservation. The County Chairman gave a summary of the work at the Annual Achievement Program.

The results of the work on conservation were given under the results of each project.

b. County Federation of Home Demonstration Clubs - The Annual Achievement and Luncheon meeting of Henrico Federation of Home Demonstration Clubs was held November 8th in the auditorium of the YMCA with 110 members and

guests attending. Colonel Daggins from the McGuire General Hospital spoke on "Common Sense Attitudes Toward Our Returning Service Men and Women". The agent spoke on the home demonstration club members' contribution to the war effort. The assistant agent gave accomplishments of the 4-H Club members.

c. War and Community Service Activities - A tremendous amount of war and community service has been rendered by the home demonstration club members. One woman reported she corresponds with eighty boys in the service at least four times a year and ten boys each week. Another woman reports she writes regularly to twenty service men. One woman publishes a community newspaper monthly and mails to fifty service men from the community. One club does the mending and renovating of all the clothing donated to the Henrico Red Cross Chapter. Approximately 500 garments per year are handled through this service. One woman reported she made twenty dresses for a needy family whose father was in the service. Club members have given their time and services to the County Rationing Board, Pilot's Canteen at the Army Air Base, War and Community Fund Drive, Red Cross and many other worthwhile services.

The following reports show the results of their combined efforts:

12,784 hours working for Ration Board, OGD, USO.
20,180 hours devoted to Red Cross Work.
1,075 garments made or knitted for Red Cross.
19 four year old boys overall suits made for Russian War Relief.
173 Baby layettes made for Russian War Relief.

The War Activity Chairman sold to the home demonstration club members \$5,700.00 in war bonds and \$278.00 in war stamps.

3. Outstanding Club

Varina Home Demonstration Club is located in the farming section of the

county with a membership extending over an area of ten miles. In spite of the transportation difficulties, the attendance has averaged from twenty-five to thirty members at each meeting. The club has had an attendance of seventy-six different women during the year, and these women carried information received at the home demonstration club to sixty-five families. The War Activity Chairman sold to club members \$2,100.00 in war bonds and \$168.00 in stamps. The club served supper to the Ruritan Club three times during the year realizing \$51.98 for the club treasury. The club gave a total of \$10.00 to the Red Cross and McGuire General Hospital. Varina Club was the originator of the idea of the Virginia Federation of Home Demonstration Clubs purchasing an ambulance to be presented to the Medical Corps and gave the first donation of \$10.00.

Ten project leaders attended all leader training meetings and gave six demonstrations without the assistance of the agent. In July, the club sponsored a Sacrificial Bond Sale when members gave something of value to be sold for a bond.

4. Outstanding Club Woman - One home demonstration club member has made many interesting adjustments to war conditions. Soon after war was declared, her husband left to work in the ship yards which left her to care for eight acres of land under cultivation. She has three children who are married and away from home. She cared for and sprayed their orchard of 180 fruit trees and sprayed fifty trees in her neighborhood. She planted, cultivated and harvested three acres of wheat, four acres of corn and one acre of vegetable garden. From her garden and orchard, she canned 678 quarts of fruits and vegetables. She cultivated her neighbors' land for 750 hours with her tractor.

This same woman attends regularly the meetings of her home demonstration club. She tied springs and upholstered two large chairs, restyled three hats and cleaned and adjusted her sewing machine on the days these demonstrations were given in her club.

Women such as this one are making a great contribution on the home front and thus hastening the end of the war.

B. Agricultural Board

The complete work and programs sponsored by the Agricultural Board will be found under IV. ORGANIZATION of this report.

The agents attended all meetings held by the Board and took an active part in all of their activities. The agents secured three new neighborhood leaders to replace ones which had moved out of the county and visited twenty-three leaders during the year to discuss various programs sponsored by the Board.

C. 4-H Clubs

1. Project Work

At the January meeting of all the 4-H Clubs, the girls were given all their booklets and leaflets on their projects in an attractive folder prepared by the agents. The girls expressed great enthusiasm over their project material which did a great deal toward making a good start.

a. Bread - This was a very popular project among the girls with 198 enrolled and 183 completing the work. Demonstrations were given on making biscuits and muffins at the April meeting by the leaders and agents. A sample

of biscuits and muffins made by the girls were brought to the May meeting of the club. These were judged by the leaders and agents and the decisions were explained to the girls. Bread was made by the girls a total of 1,558 times. While visiting in the homes and talking with the girls and their mothers, the agent was gratified when many of the mothers stated that their daughters had taken great pride in making bread for the family meals.

b. Clothing - This project had the largest enrollment for the year with 205 enrolled and 189 completing.

At the February meeting, a demonstration was given on cutting out undergarments, slips and pajamas being the most popular. Instructions were given on how to measure the body before buying a commercial pattern. In March, a demonstration was given on cutting a dress from a commercial pattern. The work on the garments was continued into the April meeting with instructions given on finishes. The clothing project was climaxed at the May meeting at which time 178 girls proudly exhibited their completed garments. Many of the girls made other garments during the summer months. The girls reported making 397 garments, remodeling 196, and darned or mended 1,067.

c. Home Storage - Three girls were enrolled in the home storage project with all completing. Each girl made a laundry bag and shoe bag from feed bags and improved other storage for linens, cleaning and kitchen equipment. The agents visited these girls in their homes and made suggestions for other storage improvements.

d. Poultry - Twelve members enrolled in the poultry project with ten completing. The girls purchased a good strain of baby chicks early in the spring. Visits were made to the girls' homes to give suggestions on housing

and feeding baby chicks. Ten girls are taking care of 345 pullets through the winter for layers. A total of \$86.40 profit was made on their flocks.

e. Gardening - Sixty-five girls were enrolled in the garden project with records received from fifty-six members. The girls did an outstanding job in helping to produce food.

Twenty-five girls were selected to enter the Victory Garden Project sponsored by Sears, Roebuck and Company. The girls were given seed valued at \$2.00 - twenty-five tomato and cabbage plants, twelve pepper plants and one pound of onion sets. The agents visited the girls to assist in selecting their garden plot and visited them to give instructions during the growing season. In June, the gardens were judged and Sears' Store gave a total of \$20.00 to the best eight gardens.

The agents made a total of 181 visits to the gardens worked by the sixty-five girls.

f. Child Care - Forty girls were enrolled in the child care project with thirty-two completing. The girls cared for 118 children, bathed and dressed them 1,157 times, prepared food and fed them 1,114 times, and directed their play 1,319.

g. Housekeeping - This was a very popular project among the club members as it was the third largest project with 151 members. Records were received from 142 girls. Many interesting facts were learned during the agents' visits to the homes when talking with the girls and mothers. A number of mothers told the agents that they never bothered with their daughters' rooms because they knew it was always straight and clean since they joined the 4-H Club.

Each girl assumed as her responsibility for the year her own bedroom and selected either the living room or dining room to care for three months. The girls made 231 house furnishing articles for their homes.

h. Stop Food Waste - 142 members enrolled with 131 completed. The girls prepared greens 1,126 times, potatoes 1,338 times and other vegetables 1,020 times.

1. Canning - Seventy-nine girls enrolled and records were received from seventy-four. These girls made a fine contribution toward the food conservation program. They canned 1,261 quarts alone and assisted with canning 19,368 quarts. The leaders and agents gave eighteen canning demonstrations to the 4-H members. The county canning contest was held in Sears', Roebuck Store with the company giving \$20.00 in cash prizes to the eight best exhibits. Sears' window decorator used the canning exhibits in a display for ten days in one of the large front windows on Broad Street with appropriate posters.

2. Community Activities

All the 4-H Clubs took an active part in all the war drives for scrap paper and other scrap material. Club members sold war stamps and bought them regularly. The greatest contribution to the war effort made by the 4-H girls has been their individual project work and the home responsibilities they have assumed because of their mothers' extra wartime activities and many are working in war plants.

3. Outstanding Club Member

One of the most outstanding club members in the county who is thirteen years of age has completed five projects - bread, clothing, housekeeping, garden and canning. She made ten garments for herself, assisted with thirty-four for

other members of the family, mended sixty-two and made six for the Red Cross. She entered the Sears' Victory Garden Project and won second prize of \$5.00 on her garden and first prize of \$7.00 on her canning exhibit. She canned 112 quarts alone and assisted with 512. She picked 120 quarts of blackberries and sold \$25.90 worth, canning the others. This girl earns \$5.00 a week for delivering the morning's newspaper in her community and assists her brother in delivering the afternoon paper. She earned \$5.00 from selling scrap paper and iron. With the money earned and won in prizes, this girl bought war bonds and her winter clothes.

Because of her outstanding work, she was recommended for a scholarship to attend a Nature Study Camp for two weeks sponsored by the Virginia Federation of Garden Clubs. While in camp, she was voted the most outstanding camper and won a prize of \$5.00 for having the best Nature Study notebook.

This club member has had a fine influence over other club members in her neighborhood.

D. Older Youth

The program of the older youth group has been devoted entirely to war and community service activities. Last December, twenty-five Christmas boxes were packed for the service men in the Hospital at the Richmond Army Air Base. From the club treasury, \$30.00 was donated for the expense of the Christmas boxes. Christmas Eve the girls bought trimmings and decorated a Christmas tree in one of the Day Rooms at the Richmond Army Air Base. The girls worked for four nights at the County Red Cross Chapter House packing 578 service men's overseas kits. They gave 360 hours at the Red Cross Recreation Room at the Army Air

Base Hospital entertaining the service men. Six girls from the group are members of the County Motor Corps and have given 607 hours to this activity.

In August, this group sponsored a Red Cross Surgical Dressing Room one night a week for ten weeks. Production during that time amounted to 5,000 bandages and 575 hours.

B. Cooperation With Other Organizations

1. County Home Economists

The agent attended two meetings held for the home economist in Henrico. One to make plans for the opening of the Henrico Cannery and one to make plans for activities during nutrition month.

2. County Nutrition Committee

Upon the suggestion of the agent to the County Chapter Red Cross Chairman, the Red Cross-County Nutrition Committee are combined. There is one committee now serving the county, and the agent has attended all the meetings and assisted in making plans for nutrition month.

3. Office of Civilian Defense and USO

The agent met with the Nutrition Committee of the OCD to help in making plans for the Nutrition Fair held in September. For the past two years, the agent worked on the second Sunday in each month from 10:00 a.m. to 2:00 p.m. at the State Capitol building to act as hostess to the service men and women visiting the building. On each Saturday night from 7:00 to 10:00 p.m., the agent has worked at the OCD desk in the Richmond Hotel locating rooms in private homes for service men and women visiting the city over the week-end.

4. Salvage Committee

The agent has given assistance in all salvage campaigns and has encouraged all persons with whom she works to save all scrap material for the war effort.

5. War Bond Drive

The agent has taken part in all war bond drives and has been instrumental in war bonds and stamps being sold at the meetings of the home demonstration clubs.

6. School Lunch

Three Parent-Teachers Associations have called on the agent to give assistance in improving their school cafeterias. The agent was responsible for the cafeteria managers' institute held in the county.

7. Red Cross

All programs, activities and campaigns sponsored for and by the Red Cross are cooperated with to the fullest by the agent.

VII APPRAISAL OF WORK

The most significant contribution made by the home demonstration program to the county in meeting war needs was the help given to the families in the conservation of food, clothing and house furnishings. The agents believe this to be outstanding because the women have learned to take care of their equipment, made use of material on hand and for its economical value. Through the knowledge gained as a result of the program the women have been able to make their homes more attractive, more livable and more convenient, and they themselves are better dressed.

The food production program has added greatly to the income of the family as well as to the food supply of the nation.

The youth of the county through the teachings of the 4-H club program and experience by doing has contributed greatly to the food production and conservation program. The responsibilities they have assumed at home have lessened the burden and the work of their parents.

One woman who has been a home demonstration club member for twenty-two years summed the years' work when she said.

"This has been the most constructive year since I have been a home demonstration club member, and I believe I have learned more."

SUGGESTED GOALS HERRICK COUNTY HOME DEMONSTRATION CLUBS

Presented by Mrs. R. D. Phillips, Chairman Home Demonstration Committee

1. All Home Demonstration Clubs co-operate and assist in the County Recreation Program under the direction of Mr. Boyden.
2. Assist the Agents in securing adult 4-H Club Leaders; have a Youth Chairman in each club.
3. Be active in Red Cross Work and help with Bond Sale.

(Assistance is urgently needed in hospitals and war camps. Our War and Citizenship Chairman could have stamps at each meeting and sell them besides helping with our Fifth War Bond Drive. The next one will be June 12 to July 8. Varina has suggested that the Clubs of Virginia try to buy either an ambulance or a jeep. Think this over.)

4. Keep in touch with our service men and women of our club members. Keep addresses up-to-date, write them, and send gifts.

(Varina also has a good suggestion about this. Let's see who has others.)

5. Reach new women by adding to our membership, organizing new clubs and passing information on to others.

(Keep our club before the community by word of mouth as well as by newspapers. Assist women who cannot be active in clubs. Keep a record of such activities.)

6. Make post war plans -- by keeping our homes ever ready for the return of our boys.

7. Study race relations, particularly the colored and white.

(How we may be able to help and guide them. A better understanding between the races.)

8. Strive for a more adequate medical care for rural people.

(Each Health and Welfare Chairman has been sent a letter on Group Hospitalization. Have them presented and explained.)

9. Study our Federation Hand Book that we may be better informed.

Each club has been given 4 books, give some portion of it each meeting by different chairmen; then pass them around that they may be read as a whole.

HENRICO COUNTY
FEDERATION GOAL 1944

Conservation

ERRR

1. Production
2. Preparation
3. Consumption

BE A SOLDIER
OF THE
SOIL



1. Production

1. Know your soil and put it in condition.
2. Make a plan and plant what you need and can care for.
3. Buy good seed early and only amount needed.

2. Preparation - Conservation

1. Plan meals well in advance keeping in mind balance, nutritious value and attractiveness.
2. Save in preparation of food by: proper measurements, using all edible parts, and cooking only what is needed.
3. Conserve all available food by means of canning, dehydrating, freezing and storing.

3. Consumption

1. Serve all foods attractively -- leave a clean plate.
2. Surveys show that the average American wasted 235 pounds of food in 1942. This was 15 per cent of all the food produced, more than all that used for our armed forces (7 per cent) and our allies (6 per cent). The food wasted in American homes could have fed the whole country for nearly two months.
3. Give children small servings. Large servings discourage the small eater before he starts.

Adopt the navy slogan:
"Take all you want.
Eat all you take."

CLOTHING

1. Remodel and renovate --

Employ used materials: Darning
Mending
Home Dry Cleaning

2. Making new garments --

Select adequate pattern suited to your figure and needs.

Study your fabrics and the fiber content.

3. Ready-made garments --

Buy only what you need. Consider workmanship, durability and style.



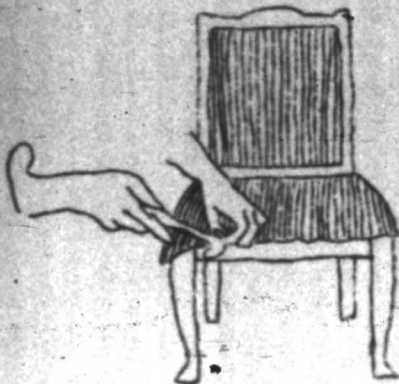
HOUSE FURNISHINGS

Furniture

Clean, re-upholster, remodel and refinish.

Clean, restore and renovate all household accessories when needed.

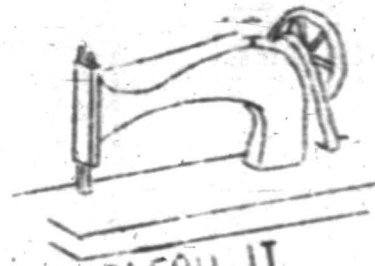
Clean and mend all household equipment and appliances before repair is impossible.



RECOVER IT



KEEP THESE IN REPAIR



CLEAN IT

HUMAN RESOURCES

1. Health - proper food, sufficient rest.
Physical check-up.
2. Energy - conserve by efficient planning and food management.
3. Mental - recreation suited to personnel needs.
Cultivate a cheerful outlook.
4. Personal Appearance - make the most of your appearance by being well-groomed at all times.

LET ME
WRITE
YOU A TICKET
TO HEALTH



REST



EXERCISE



SEE YOUR
DOCTOR



FUEL

"Use what you need - : Electricity
Need what you use." : Gas
: Coal
: Wood
: Oil



CONSERVATION OF CRITICAL WAR NEEDS THROUGH --

- ! Paper
- ! Tin
- Proper Channels ! Fats
- ! Clean Rags
- ! Metals



I PLAY A
BIG PART
IN THE WAR
SAVE ME

Be Conservative in Buying --

A good investment for the future of
your family and home.



HENRICO COUNTY CONSERVATION COMMITTEE

- | | | |
|---------------------|---|-------------------------------------|
| Mrs. W. N. Stoneman | - | Chairman |
| Mrs. R. D. Phillips | - | President Federation of H. D. Clubs |
| Mrs. R. E. Davis | - | Highland Springs |
| Mrs. E. H. Dowdy | - | Central |
| Mrs. V. L. Sutton | - | Ridge |
| Mrs. E. H. Lloyd | - | Longdale |
| Mrs. S. Q. Hunter | - | Glen Allen |
| Mrs. Blanche Davis | - | Antioch |
| Mrs. A. C. Burnham | - | Creighton |
| Mrs. P. F. Pollard | - | Dumbarton |

Henrico Women Set Record For Activity on Home Front

Their uniform may be nothing more glamorous than a kitchen apron, but the wives and mothers of Henrico County are establishing war service records that compare well with those of their sisters in khaki, green, or navy blue.

The achievements of these unsung heroines of the home front are coming to light in the office of Miss Marion M. Lawrence, Henrico home demonstration agent, as returns pile up from questionnaires sent 400 women concerning their activities during the past 12 months.

Mrs. J., a young farm matron, sent in one filled-in form that was typical. This homemaker has during the past year canned 339 quarts of fruit and vegetables in glass and 43 in tin, put away 10 containers of meat and chicken for her family's Winter use, and stored 90 containers of jam and jelly. She also made 14 garments for her family from used materials, remodeled four other garments, made eight hats, cut and sewed 20 garments from new material, and renovated nine articles of household furniture.

Has Seven Children

But Mrs. J. noted at the bottom of her questionnaire, "I have seven children, and, therefore, am not able to do as much outside war work as I would like."

A total of 1,400 hours, or an average of 26 each week, was devoted by another Henrico mother to knitting for the Red Cross, doing volunteer work for the OPA, and helping with Office of Civilian Defense and USO projects. She knitted 10 new garments for Red Cross distribution in her "spare" time, and her food record also is impressive—200 cans of fruit and vegetables, 50 of meat, 50 of preserves, and 25 bushels of stored or dried vegetables. Her achievement sheet also includes renovating of four pieces of furniture and reseating six chairs.

Boosting the morale of servicemen through frequent writing of chatty letters is the hobby of another busy housewife.

"I correspond regularly with 80 soldiers, writing four times a year, and with 16 others at least once a week," she explained. The letter-writing comes after her daily duties in caring for a large house and family, and her sewing record includes an ingenious adaptation of used feed bags to make sturdy garments, 93 in all during the last year.

Another matron uses the hard-wearing feed bags, properly bleached and hemmed, to make pillow cases and sheets, and dyes them to make bright scarves.

One questionnaire showed that

the housewife had canned 113 quarts of fruit, six of meat, and 30 of jam and jelly, had sewed 15 garments, made nine household articles out of recovered materials, spent several hours weekly in Red Cross work, and painted three rooms of her home. Under the heading of miscellaneous war activities, she listed the taking of four lovely British sailors into her home as guests of the family over a week end.

Most of the questionnaires

showed some charitable work done during the year, among them one woman's record of having "raised and cared for five homeless babies in the past two years." Another took care of a helpless invalid in her home, in addition to her regular duties for her family and Victory Garden work.

Tabulation of the questionnaire results, when all are received, will constitute a fair yardstick for "all-out" domestic achievement for the county, Miss Lawrence feels, and will be used to guide home demonstration programs in the future.

News Leader - Sept. 23

Clubs to Discuss Hat Remodeling

Miss Iva Byrd Johnson, clothing specialist for the State extension division at VPI, will discuss remodeling old hats and dresses with members of the 14 Henrico County home demonstration clubs starting at 10 A. M. tomorrow in the Home Service Department of the City Department of Public Utilities in the Broad-Grace Arcade.

Leaders of the various clubs then will demonstrate what they have learned about clothing conservation in their own clubs.

Miss Marion Lawrence, Henrico home demonstration agent, said that similar meetings have been held to teach upholstering, reseating chairs and cleaning and adjusting sewing machines.

Henrico Women To Learn Repairing

Instruction and demonstration in the repair of furniture and sewing machines will be offered small groups of Henrico County housewives, Miss Marion Lawrence, county home demonstration agent, announced yesterday.

Miss Lawrence and Mrs. Dorothy Cottrell, her assistant, will offer the instructions to groups of three or four or more neighboring housewives. The instructions will include repair of springs, repair of cushions on Chesterfields, reseating of chairs with weaving cane and fiber, and general adjustment of sewing machines.

Rug Demonstration

The Varina Home Demonstration Club will meet at "Anchorage," the home of Mrs. Reginald Nelson, Jr., on Curlew Neck Road, Wednesday morning at 10:30 o'clock. Luncheon will be served at 12:30 and a demonstration on hooked rugs will be given. At 3 o'clock a sacrificial auction for the sale of War Bonds and Stamps will be held on the lawn in honor of sons, daughters and husbands serving in the armed forces.

News-Leader, Nov. 5

Henrico H. D. Club To Hear Duggins

Colonel P. E. Duggins, commanding officer at McGuire General Hospital, will discuss "Common Sense Attitudes Toward Our Returning Servicemen and Women," as principal speaker at the annual luncheon and Fall meeting of the Henrico County Federation of Home Demonstration Clubs next Wednesday at 1 P. M. at Central YMCA.

Other speakers will be Taxewell Ellett, Henrico County engineer, who will consider Henrico's post-war plans, and Mrs. W. N. Stoneham, County conservation chairman, who will summarize conservation accomplishments, according to Miss Marion M. Lawrence, Henrico home demonstration agent.

Among the conservation efforts which Mrs. Stoneham will review will be the conservation of food and furniture and economical use of clothing by remodeling old garments.

Mrs. R. D. Phillips, president of the federation, will officiate at this, the organization's 24th annual Fall meeting.

Varina 4-H Member Wins Garden Prize

News Leader - July 8

Norma Lee Akers, of Varina, outclassed 24 other Henrico County 4-H club entries to win the \$7 first prize in the annual 4-H Sears Victory Garden contest. It was announced today by Miss Marion Lawrence, Henrico County home demonstration agent.

A. G. Smith, Jr., garden specialist at Virginia Polytechnic Institute, who judged the 25 gardens Wednesday and yesterday, commented on the good condition of the gardens in naming the prize winners.

He said: "In view of the drought which has made gardening difficult this Summer, these girls have maintained their gardens in good condition. Through cultivation of the soil, they have kept it moist and the vegetables have flourished."

Second prize of \$5 was awarded by Mr. Smith to Virginia Martin, of Glen Echo, while Joyce Ann Hall, of Glen Lea, won the \$3 third prize. Five entries received \$1 fourth prizes. They were Joan Dyer, of Montrose; Dorothy Jeannette, of Varina; Audrey Hobson, of Glendale; Marjorie and Margaret Lowe, of Dumbarton, who worked the same garden, and Doris Perkinson, of Glen Allen.

Other contestants were Ann Durette, Shirley Hucksten, Ruth Fenne, Ruby Morris, Faye Wright and Joyce Childrey, all of Varina; Bernice Kramer, of Glen Lea; Dorothy Browning, of Short Pump; Florence Sutton, of Ridge; Betty Lee Bottoms, of Montrose; Charlotte Foster, of Laurel; Jean Willis, of Glen Allen; Margaret Kemp, Ann and Geraldine Mullins, all of Sandston, and Vivian Whitehurst, Marcia Tinsley and

Varina Girl Selected To All-Star 4-H Body

Miss Marion Lawrence, Henrico County home demonstration agent, announced yesterday that Barbara Ann Alvis, of Route 5, president of the Varina 4-H Club, had been selected for membership in the Virginia 4-H All-Stars Chapter.

Miss Alvis, who is 17 years old, has been a 4-H member for six years, and has won \$47.50 in prizes. She also has netted a profit of \$228.58 on various projects. Miss Alvis was president of a junior 4-H club in 1939, and secretary of the Varina club last year.

She is the twenty-fourth Henrico 4-H member to be selected for All-Star membership since the chapter was organized 29 years ago. Members must have served at least two years of "active, efficient club work," and show "by their attainment that they are worthy of receiving this higher education."

Richmond - Times Dispatch - Oct. 2

4-H Clubs In Henrico To Reorganize

Henrico County's 14 4-H Clubs are beginning reorganizational activities with their October meetings, according to a joint announcement today by Henry E. Hutcheson, who resumes his county agent duties today, and Miss Jean Steel, assistant home demonstration agent.

First of these October sessions will be at 9 A. M. tomorrow when the Glen Allen club resumes work on a new fiscal year. New officers, who must have belonged to the club last year, will be elected by each club this month. Miss Steel and Mr. Hutcheson will meet with each club.

Before he left to assume new duties with the State Extension Service at Blacksburg, Graham T. Coulter, who had served as temporary county agent since February, 1943, reported that 140 boys engaged in phases of the 4-H Club program in Henrico County last year. Miss Marion Lawrence, Henrico home demonstration agent, said that 338 girls belonged to the organization during the fiscal year just ended Saturday.

With most of the 498 Henrico members of a year ago still enrolled in school, Miss Lawrence and Mr. Coulter have expressed a hope that the membership can be increased appreciably during the present year.

The Henrico 4-H girls ended their program with the annual 4-H Sears Canning Contest won last week by Virginia Martin, of Glen Echo. A canning exhibit of the efforts of the 25 entries in that contest is on display in a window at Sears, Miss Lawrence said.

All girls and boys, who will be 10 years old by December 31, are eligible for 4-H membership and have been requested to attend the organization sessions this month.

Other 4-H meetings this week will be at Laurel on Wednesday; Short Pump and Ridge on Thursday, and Longdale, Friday. Meetings next week will be at Varina, both junior and senior clubs; Sandston, Glen Echo and Glen Lea. Sessions during the third week of October will be at Highland Springs, both junior and senior, Dumbarton and Montrose.

Richmond-New Leader
July 26

Canning Ideas Sent Henrico 4-H Members

Efforts to stimulate all Henrico County girls who are 4-H Club members to can fruits and vegetables this Summer are receiving emphasis today from Miss Marion M. Lawrence, county home demonstration agent, and her assistant, Mrs. Dorothy B. Cottrell.

Miss Lawrence and Mrs. Cottrell are having a mimeographed letter containing canning advice, a series of warnings to canners and a bulletin from the United States Department of Agriculture on "Home Canning of Fruits and Vegetables" distributed to the 380 girl 4-H Club members.

The letter advises the girls to make canning plans with their mothers, to can alone 25 quarts of tomatoes and 25 quarts of other vegetables, to store properly canned, dried or root vegetables and to keep a record book of their activities.

Listing approximately 30 causes of food spoilage, the warning to 4-H girls grouped causes of spoiled food under four classifications. These were poor products or good products badly handled, imperfect seals, inadequate heat and improper treatment after processing.

Both Miss Lawrence and Mrs. Cottrell conducted demonstrations for 4-H girls this month but will give other demonstrations next month on canning of later fruits and vegetables.

Meanwhile, Miss Jean Steel, war emergency food production and conservation assistant, with headquarters in the home demonstration agent's office, is continuing her canning demonstrations for Henrico County and Richmond housewives.

Bond Awarded to Owner Of Prize Victory Garden

A Henrico County 4-H Club member was awarded a \$50 War Bond for a prize-winning exhibit of Victory Garden vegetables shown yesterday by Richmond and Henrico children at Thalheimer's.

The prize-winning exhibit was that of Doris Perkinson, of Glen Allen, who raised her Victory Garden under the Office of Civilian Defense garden project program.

The 12-year-old girl's exhibit of eight vegetables was commended by the judges for size, appearance and attractiveness of the produce.

The judges included Graham T. Coulter, Henrico County farm agent; Miss Marion Lawrence, Henrico County home demonstration agent, and E. M. Moser, soil conservationist.