

VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

APPOMATTOX COUNTY

1949

Agent Mr. Eila S. Anderson, Dec. 1, 1948 to Dec. 1, 1949
Date worked from _____ to _____

Assistant Agent Miss Margaret Jessup, Sept. 1, 1949 to Oct. 15, 1949
Date worked from _____ to _____

Agent _____
Date worked from _____ to _____

Assistant Agent _____
Date worked from _____ to _____

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III. SUMMARY OF ACCOMPLISHMENTS

In Many ways, 1949 has been a good year for home demonstration work in Appomattox County. Increased membership, greater participation of members in the Extension program, the leaders assuming more responsibility for attending leader training meetings and giving demonstrations to their clubs, and helping to reach more families with useful practical information.

One of the highlights in Appomattox County Home Demonstration Club program this year was the Tailoring Clinic. Fifty women attended the first meeting at which time the State Extension Clothing Specialist met with the group for instructions on Selection of Patterns and Materials; Fitting and Adjusting Patterns; Laying the Pattern and Cutting the Garment. Of this group, twenty-eight members made or remodeled coats, suits and dresses. The group was divided into four smaller groups for work meetings. Leaders who were trained and assisted the home agent with these groups were: Miss Kate Davidson, Wreck Island Club; Mrs. John Mustard, Appomattox Club; and Mrs. Preston Coleman, Liberty Chapel Club. As a result of this Tailoring Clinic, 34 woolen garments were made.

The Federation Goal, Art in Daily Living, has brought to our attention that we have some artists in making Hooked Rugs in the County. In fact, Appomattox County was requested to furnish hooked rugs for exhibits at the Institute of Rural Affairs and the exhibitors were Mrs. H. A. Gurney, Lee Club; and Mrs. Ernest Harwood, Pamplin Club who is making hooked rugs for her new home.

Tray Painting was one of the most "enjoyable" projects according to twenty women who attended a two-day meeting in October on Tray Painting.

Food Demonstrations always bring the numbers out and Buffet Meals was no exception - at which time each club entertained their families to a meal and an evening of games and fun.

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155 4-H Club members made 519 articles and garments in Clothing Projects. 4-H Club girls assisted with the family food preservation program and report canning 17,400 quarts alone.

Contests were used to stimulate interest and to get project completions. Two girls, Mildred Mann and Bessie Jean Harding, were district winners and completed in State Contests.

The 4-H Clubs observed all National Events, as 4-H Mobilization Week, 4-H Rural Sunday, 4-H Camps and 4-H Achievement Day. The report includes work of agent in training in the county for six weeks, Miss Margaret Jessup.

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IV. ADULT

A. Project Work

1. Foods and Nutrition

a. Food Production

Fourteen of the sixteen home demonstration clubs elected a garden and poultry leader each. Early in the year, one leader training meeting was held for these leaders, at which time State Garden and Poultry specialists met and discussed with them timely and helpful information, to be presented at their monthly club meetings. Each month this material has been supplemented by the leaders from current magazines, and daily papers. The discussions at each meeting have no doubt influenced many members to use improved practices in their garden and poultry work. Approximately 265 families report improving the family food supply in the production of vegetables, fruits, meat and milk; and 165 families report improved practices in poultry production, sanitation and housing.

b. Food Preparation

Four demonstrations were chosen on food preparation: Buffet Meals; Pies and Pastries; Light Refreshments; and Dishes from Home Grown Foods.

Two leader training meetings were held and demonstrations on these subjects were given by the State Extension Foods and Nutrition Specialists. A total of fifty-four leaders attended the two training meetings held by specialists. The Home Agent trained ten leaders, who could not attend regular training meetings at two other training meetings. To further promote the success of this project and demonstrations, 38 agent-leader conferences were held. The leaders gave a total of 240-

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eight demonstrations alone, and assisted the agent with twelve demonstrations in this project. 375 families report improving diets, and 315 report using information given on food preparation.

The December demonstration in each of the sixteen clubs was Buffet Meals. The leaders did an excellent job and used this as a means for each club to entertain their families to a club meal. They made this a gala occasion and carried out the Christmas theme with table decorations and appointments and the social hour of games and recreation which followed the meal.

The January demonstration in each club was Pie and Pastries. The members learned to make and store pastry mix which is valuable from standpoint of time and labor saving, as well as many different kinds of pies. Surprise the family with a New Pie was the goal of each club member. Mrs. R. B. Martin says, "Pie is the favorite dessert of my family, and learning to make pastry mix to keep on hand has simplified the job for me and makes pie making a pleasure instead of something to dread."

"Light Refreshments" was the July demonstration given in each of the sixteen clubs. The leaders stressed: Keep refreshments simple; be in keeping with the season; and plans made in advance, so to enjoy the opportunity to share our homes and hospitality with others.

The September demonstration in each of the sixteen clubs was "Dishes from Home Grown Foods," stressing the use of fresh, canned, frozen or stored foods. Special emphasis was placed on Milk and Cheese dishes, stressing their values in relation to general health, and correct methods of cooking.

The program was set up so each club could have a choice for one month. Seven clubs chose food demonstrations which included cake making, Open Meals and refrigerator desserts.

c. Food Conservation

Preparatory to canning season, the Home Agent held clinics for testing pressure cookers in five communities. A total of 47 pressure canners were tested and adjustments made.

A check on leaders reports show that the amount of canning done by club members compare favorably with last year. For the second successive year, practically all fruit was killed by late freezes, however, truck loads of peaches and apples were brought in from adjoining counties. Reports show that approximately 37,300 quarts of fruit, 44,657 quarts of vegetables and 9,840 quarts of meat were canned.

Frozen foods are replacing much of the canning. Last year's report showed that six families had purchased home freezers. This year's reports show twenty-eight families own home freezers. There is also a Frozen Food Locker Plant in the County, which is almost filled to capacity. Many farm families who cured pork, now have that process taken care of at this plant. The J. P. Paulette family have the largest home freezer in the county - walk-in box. They prepare foods for market and Mrs. Paulette makes many gifts from her freezer, such as cakes, pies, chicken, fruits and vegetables. Says Mrs. Paulette, "Any gift looks more festive when wrapped in gay paper and tied with a bow of ribbon, whether it comes from my freezer or bought in town". She is prepared with paper and ribbons and her friends are recipients of many of the good things that she puts in her locker. The members reports show that approximately 20,000 pounds of meat, 32,400 quarts of fruits and vegetables frozen and stored in home freezers and local Locker Plant.

2. Clothing

As a result of a coat tailored by the Home Agent, the year before at a tailoring clinic held by State Clothing Specialist, requests came from a few members from each club for a county tailoring clinic. Many remembered the tailoring clinic held in the county in 1939 - first to be held in the State - at which time sixteen coats and suits were tailored - and wanted to try making their coats or suits again. About fifty women attended the first meeting of the tailoring clinic on March 8 when the State Clothing Specialist met the group for training in selection of patterns, materials, designs and colors. Demonstrations were given on how to measure for pattern size, fitting and adjusting pattern, and laying pattern and cutting garment. Of this group, 28 women made and remodeled 34 coats, suits and dresses under supervision of Home Agent and leaders. This included five children's coats. The estimated savings by these women making versus buying is around \$650.00. Newest techniques in clothing construction of woolen garments were taught and the women were very proud of the garments they made. Mrs. Preston Coleman, who takes in sewing to compensate family income said this tailoring clinic was worth more than a hundred dollars to her in learning the different techniques and finishes for woolsens, especially bound buttonholes; that she would be able to do a much better job on garments she made for other people.

Each of the sixteen clubs chose three demonstrations on clothing as follows: Line, design, color and materials for different types of figures; cutting and fitting the dress; and dress finishes. These demonstrations emphasized the work dress as suited to needs of homemakers, suitable finishes and applied principles of planning, buying or making the dress to meet their needs. Members modeled dresses at a special meeting in July.

In preparation for the demonstrations on clothing project, two county-wide leader training meetings were held, one by State Clothing Specialist and two by home agent. The agent trained four leaders in the communities who were unable to attend county meeting and there were sixteen leader-agent conferences, to make for clear understanding of the project.

3. Housing

Much talk of remodeling and improving homes of the members influenced the County Home Demonstration Committee to include in the 1949 program two meetings on Housing: House Plans and Building Material, Construction, kinds, advantages and costs. Twenty leaders representing nine of the 16 clubs attended a training meeting at which time the Extension Rural Housing Specialist and Extension House Improvement Specialist met with the group for instructions on these subjects. Leaders of some clubs were trained by home agent in two groups. Many of the leaders and members commented, this meeting is one our husbands should have attended. Valuable information was given them on Planning the House Room by Room, and home Plans showing the importance of carefully planned traffic areas, arrangement of work centers, location of doors, and a check list to help plan the farm home. Home Remodeling and Insulation was discussed. The leaders gave ten of the sixteen demonstrations and assisted the agent with the others. Eight families have been given some suggestion on plans and construction for new houses, and twenty-six families have done some remodeling following suggestions given them. Ninety-five families report rearranging and improving kitchens. Five kitchens have been remodeled following suggestions of agent and have been used as result demonstrations. At least 16 leader-agent conferences have been necessary in conducting this project.

4. Subject Matter Field - House Furnishings

In the 1948 Club Program Rug making was chosen for a project to be carried on

two or three years if necessary or until the desired size of rug has been accomplished. The leaders were trained and demonstrations were given in October and November on Braided and Crocheted Rugs. 32 members reported working on rugs in last year's report. Many members have continued on rugs started last year and others have collected materials and begun making rugs this year. This was necessitated at least 40 agent-leader or member conferences on procedure and color schemes.

In January of this year a special meeting was held for those interested primarily in making Hooked Rugs. The Extension House Furnishings Specialist was with the group and instructed them in choosing colors, good designs and proportions for hooked rugs. Two hooked rugs from the county of outstanding quality of work and beauty were exhibited at the Institute of Rural Affairs at Blacksburg last August, at which time they were seen by 1200 or more people. 105 club members report having started on either a crocheted, braided or hooked rug. The interest in these three types of hand-made rugs seem to be very evenly divided among the club women. One special result demonstration is being conducted under the supervision of House Furnishings Specialist and Home Agent. Plans for re-decorating and some remodeling were made with Mr. and Mrs. F. F. Carr, who bought a farm in the county and the dwelling house was in bad shape. They have completed two rooms and are working on the others as rapidly as possible.

5. Club Choices

For the October demonstration each club selected the subject that most members were interested in.

(a) Christmas Gift Suggestions was the demonstration selected by the clubs. These demonstrations were given by club leaders and home agent.

Practical and useful hand-made gifts and stuffed toys were shown and

patterns distributed. Books and other gift suggestions listed.

(b) Chair Seating was the demonstration selected by four clubs. The home agent trained the leaders at two meetings for these demonstrations. Members report 56 chairs re-seated. This demonstration has been a very popular one and each year groups request the demonstration. Mrs. D. E. Caldwell of Appomattox Club refinished and re-seated six beautiful old chairs that had been out of use for years. She is using them in the guest rooms of their new Tourist Court.

(c) Converting Oil Lamps to Electric Lamps was the club choice of two clubs. These demonstrations were a carry-over from last years program and were for the benefit of new members in the clubs. Seven Oil Lamps were electrified. The importance of sufficient light, size of bulbs and shades were stressed as important factors in securing good lighting.

d. Consumer Education

Pertinent information regarding new processes, new equipment, and other phases of interest to home-makers was brought out at each club meeting. This was one of the assignments of the Program Development Chairman, but club members were encouraged to help by keeping informed and giving information to others.

e. Other Activities

1. Community Activities

(a) Recreation

In each community, during August, the home demonstration clubs sponsored recreational meetings and picnics for the entire family. Where possible these were held where swimming could be enjoyed and other types of recreation as croquet, horse shoe pitching and softball for those who didn't care to swim.

Three clubs gave their annual Christmas party for the young people in their communities. Christmas carols and games were enjoyed and refreshments served to the groups.

(b) The County Librarian cooperates with the home agent in circulating books to each community where requested. The women are proud and appreciative of this project which encourages them to read and keep up to date on the latest books. Each club member was encouraged to read a book on Homemaking.

(c) Health

During the month of April the home demonstration clubs cooperated in distributing educational materials and solicited funds for the Cancer Drive. The club treasurers report that approximately one-third of county quota was raised by club members. Eight members had physical examinations at Cancer Detection centers as a result of this educational program. More are on waiting list for examinations.

In each community the home demonstration club members cooperated with health department in clinics and county sanitation program.

Another community objective was to work for better rural telephone service. Conferences, letters and petitions have been sent to county and state representatives asking for help with this project.

(d) Landscape Gardener Specialists have worked with the county agents on setting up result demonstrations at four homes and one rural church in the county. A recent check showed that some work had been done, but not as much as was laid out by landscape specialists.

2. Federation Goal

The new goal, Art in Daily Living, was chosen for this year. Aim: To develop a love for Country Life through an appreciation of art in daily living.

This goal was applicable to almost every demonstration given during the year and the club goal chairman took advantage to stress this point.

In February, the Extension Rural Arts Specialist met with the county Federation Goal Chairman and home agent to make plans for carrying out this goal. A special county-wide meeting on Tray Painting and Decoration was planned. The Rural Arts Specialist met two days with twenty club members who were interested in this project. Approximately twenty-five trays, canisters, plates and a foot stool were decorated.



The November demonstration, Winter Bouquets, was planned as a part of the Federation Goal. The Federation Goal leaders of the sixteen clubs with the assistance of two members of the Appomattox Garden Club and Home Agent worked up very interesting and attractive demonstrations on this project, using local materials and suitable pottery to make the arrangements.

3. State Federation Activities

- (a) 100% of clubs paid State Federation Dues by March 1.
- (b) District Federation Meeting
Fifty-four women and two men attended District III Federation meeting at South Boston on May 3. Twelve of the sixteen clubs were represented.
- (c) Six home demonstration club members and the home agent attended the State Federation meeting and Institute of Rural Affairs in August at Blacksburg.

4. C R O P

The members from each of the sixteen clubs contributed \$20.00 for the Christian Relief Organization Program. A check was sent by County Home Demonstration Club Treasurer to the District III chairman this month.

5. Year Books

The Home Demonstration Committee raised \$195.00 for advertising space in the 1950 Home Demonstration Year Books. After printing the books, money left over will be used for demonstration equipment, supplies, delegates and other expenses in carrying out the year's program. The executive committee planned and prepared the year book for printing. The books will be ready for distribution December 1.

6. Visual Aids

Use of movie projector and slides have proved to be a very satisfactory method of teaching by agent and leaders.

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7. Radio

The Home Agent makes monthly broadcasts over WFLO Farmville. WAVA Lynchburg Farm reports gives wonderful publicity to all Extension programs in the county and is a frequent visitor at meetings where he gets information first hand for use on his programs.

8. Press

Appomattox County has a weekly paper which reaches approximately 90% of the homes in the county. Weekly schedule of Home Agent's meetings, results and news stories are published. County Extension programs also get good publicity from Lynchburg daily papers and some in Richmond papers.

9. Home Visits

753 Home Visits were made by agent in conducting the Extension program in the County. This affords opportunity to check on progress and practices adopted.

10. Achievement Program

A very successful achievement program was held in the form of a banquet this month. The high lights of the year's work were presented in the form of exhibits and reports by club chairmen. Music was also furnished by club members. A brief preview of 1950 program was given by the incoming chairman after which the group enjoyed the movie "Historic Virginia".

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APPOMATTOX COUNTY
HOME DEMONSTRATION CLUB
ACHIEVEMENT PROGRAM



FRIDAY, NOVEMBER 4, 1949

7:00 p.m. APPOMATTOX CAFETERIA

HOUSEMAKERS' CREED

As Homemakers, we will strive to:

Have our organization foster the highest ideals in home, church, school, and public life.

Have our homes reach out in service to the community and help unite the people.

Have cooperation and progress the leading forces in our communities.

Study the best way to do every day's work, that we find joy in common tasks well done.

Be kind beyond the standards of charity; avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest ideals of Christian life.

EXHIBITS

While the major emphasis of 1949 Home Demonstration Club Program was foods and nutrition, we have worked on:

Rugs -- Hooked, crocheted, braided

Clothing -- Coats, dresses, etc.

House furnishings

Trays

Keleson or Peace Exhibit loaned by Mr. Buchanan.

PROGRAM

Presiding Mrs. H. A. Gurney,
Chairman, County Home Demonstration Committee

Pianist Miss Kathryn Burkey

Group Singing "America"

Invocation Dr. W. Twyman Williams

Recognition of Clubs

"Highlights of 1949 Program" Mrs. Gurney

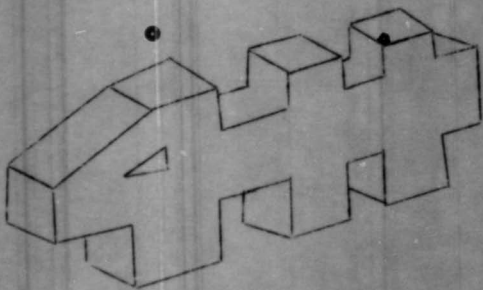
Group Singing "Homemaker's Song"

"A Look Forward" Mrs. F. F. Carr,
1950 Chairman of Home Demonstration Committee

Movie "Historic Virginia"
Courtesy of Esso Standard Oil Company,
Lynchburg, Virginia

HOMEMAKERS' PRAYER

For health and strength and daily food, we praise
thy name, O Lord. AMEN.



1949

4 - H ACHIEVEMENT PROGRAM

SATURDAY, OCTOBER 29, 1949

1:30 p.m. - 4:30 p.m.

APPOMATTOX SCHOOL CAFETERIA

APPOMATTOX, VIRGINIA

4-H MOTTO:

"To Make the Best Better"

4-H FLEDGE:

I pledge

My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
and
My Health to better living,
for my club, my community,
and my country.

4-H COUNTY COUNCIL

President	• Dan Carson
Vice-President	Celia Jo Coleman
Secretary	Shirley Mitchell
Treasurer	Ann Cabell
Reporter	Patricia Alvis
Song Leaders	Vernelle Bryant Rosalie Fore
Sponsor	Miss Aileen McClenny

4-H CLUB PRESIDENTS

Appomattox Senior	Charlie Harvey
Appomattox Junior	Teddy Mitchell
Evergreen	Dorothy Ann Paulette
Oakville	Geraldine Lucado
Pamplin	Celia Jo Coleman
Spout Spring	J. C. Hawley
Stonewall	Dale Weakley
Vera	Margaret Deaner

Exhibits Ready for Judging

1:00 p.m.

PROGRAM 1:30 p.m.
Presiding: Dan Carson

Group Singing

Scripture Reading Dorothea Coleman

Solo "The Lord's Prayer" Joyce McCormick

Summary 1949 Club Work Shirley Mitchell

Club Songs

Club Skits

Club Yells

Recognition of Leaders and Sponsors Mrs. Anderson

Presentation of Awards and Medals Mrs. Anderson
Mr. Speir

Prizes Awarded to Clubs for

EXHIBITS	First	\$7.50
	Second	\$5.00
	Third	\$2.50

BEST SONG		\$5.00
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BEST SKIT	First	\$5.00
	Second	\$2.50

BEST YELL		\$5.00
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CLUB ATTENDANCE	First	\$7.50
	Second	\$5.00

Recreation led by Mr. Cooley Verner,
Rural Sociologist, University of Virginia

ACKNOWLEDGMENT

Our thanks to the following for their generous contributions which made possible the prizes awarded today:

APPOMATTOX HARDWARE COMPANY

THE BANK OF APPOMATTOX

SPENCER'S DRUG STORE

MOSES MOTOR COMPANY

THE FARMERS NATIONAL BANK

POE HARDWARE COMPANY

SOUTHERN STATES

GRINELS MOTOR COMPANY

FARMERS SUPPLY COMPANY

V. 4-H CLUB

A. Project Work

1. Clothing

The objectives of the 4-H clothing program were: To help club members acquire skills and knowledge necessary to plan, select, construct and care for suitable clothing for work, school or dress; planning wardrobe to fit the family clothing budget; to learn to care for her clothing and develop habits of good housekeeping.

Two phases of clothing project were carried as follows: 145 girls of ten to twelve year age group enrolled in "So You'd Like to Sew Project". Of this number 137 reported making at least four articles each: head scarfs, 98; needle cases, 58; kitchen towels, 95; aprons, 90; laundry bags, 15; skirt, 50; handkerchiefs, 28; and blouse, 50. 95 of the girls in this project report learning to use sewing machine and many other techniques in sewing.

Twenty-four girls were enrolled in "Make or Remake" project. The members' reports show they made 87 new garments and remodeled 18 garments. 88 girls from both projects report getting well equipped Sewing kits. Eighteen girls reported keeping personal accounts for six months and spent a total of \$1315.00 as follows: Outer garments \$558.00; under garments, \$195.00; Shoes, \$245.00; Hose, \$69.50; accessories, \$48.50; Care and Repair, \$26.75; Personal Care, \$73.25. The total average is about \$73.00 for each girl. The leaders, ten adult and 34 junior members were trained by home agent, at four leader training meetings and assisted in giving 29 demonstrations on the clothing program.

Twenty-six members exhibited at club events, county events and Fairs. Eighteen members entered club and county contests, county winners entered District Dress Revue and Clothing Achievement contests. Winners were pre-

received awards at annual achievement program

2. Meal Planning, Preparation and Service

The objectives of this project were to help 4-H Club girls develop skill in the preparation of food and in planning and serving an adequate diet; to make the best use of home produced foods; to assume responsibility for planning, preparing and serving family meals; and to develop desirable food habits. This was a summer project and was carried by 97 girls in five groups. Ten leaders assisted in giving the demonstrations and were trained at three leader-training meetings by home agent. Seventeen demonstrations were given on this project, ten by leaders and seven by home agent. 86 girls report planning and serving 2025 meals; made cake 259 times; cookies, 268; prepared milk dishes, 340 times; Each girls brought food to be judged to club meetings and entered club contests. 18 girls entered county contest. The county winner was District Winner and competed in the State contest at Blackburg in August - Bessie Jean Harding, and was a close runner-up for top prize. Bessie Jean gave five demonstrations on this project to five Home Demonstration Clubs.

3. Bread

One club of 13 members carried the bread project. Seven demonstrations were given by club leaders on this project and four by agent. There was a great deal of member participation in the demonstrations since the group was small. Ten members report making biscuits 390 times; muffins, 146; corn bread, 98 times; waffles, 29; yeast rolls, 15 times; and loaf bread, 5 times. Gloria Ann Lewis, ten year-old Club member reports making biscuits every night for supper and that her family are very complimentary of her efforts.

4. Housekeeping

The objectives of this project were to encourage girls to take more responsibility for care of her own room and other definite jobs to be done in the home; make at least three articles for mom; get experience in buying versus making; and practice improved methods to save time and energy.

Forty-eight 4-H girls from three clubs were enrolled and forty girls report they cared for their room for three months and worked on 129 articles such as table mats, window curtains, pictures and remodeled furniture. Four leaders and three club girls assisted the agent with demonstrations in this project.

5. Laundry

Eighteen girls were enrolled in the laundry project. Fifteen girls report finishing the project. Three adult leaders and two junior leaders assisted with the project. The leaders were trained by home agent and gave five demonstrations and assisted home agent with four.

For the second year, Mildred Mann, Appomattox 4-H Club member, was Club, County, and District winner of the Laundry Contest. She won second place in the State contest and was awarded a steam iron. Mildred, because of the ill health of her mother, has had to assume responsibility of family laundry. Mildred says that through her laundry project, she saved her family at least ten dollars per month by being able to do the family washing and ironing. Mildred has given 34 demonstrations to different organizations in the county. She has influenced twenty home makers to adopt the new easy method of ironing a man's shirt.

6. Garden

Eight 4-H Club girls were enrolled in the Sears, Roebuck Garden and Canning Contest. The objectives for this project were: to teach the girls care and management of a well-planned garden; to carry out a planned program of garden insect and disease control; to contribute to family food supply in fresh, canned, frozen and stored foods; to develop a love for working with the soil and growing

plants.

Seeds and plants were furnished by Sears, Roebuck Company of Lynchburg and distributed to the girls by the home agent.

The home agent and four adult leaders worked with the girls on planning the family needs, recommended practices for soil preparation and selecting and planting of seeds, with assistance of their parents.

Two visits were made to each garden for scoring by the State Extension Garden Specialist, who also gave suggestions to the girls on management and insect control.

The home agent visited the girls and checked on the progress of their garden three times during the summer.

All eight girls completed the project and exhibited their products. Total receipts of \$1126.30 was reported; total expense \$37.57, leaving a profit of \$1088.73. \$116.00 was the amount of prizes won on exhibits made from these gardens.

The girls canned 1815 quarts of vegetables from these gardens.

Wildred Mann, 17, Appomattox Hill member, won a total of \$65.00 from exhibits made. She won first in county and Sweepstakes prize on her canning for this area, and first on garden in county and fourth in Sweepstakes for Area.

The canning exhibits from nine counties competing in this project, were on display for two weeks in the store window at Sears Store and viewed by approximately 1500 people.

5. Food Preservation

165 4-H Club girls from seven clubs enrolled in food preservation, and 112 girls reported on the project. Eight demonstrations were given by leaders; two by members who also assisted agent with seven demonstrations. The leaders were trained at three meetings.

The objectives of this project were: to teach approved methods of food preservation and to encourage club members to assist in helping with this phase of live-at-home

programs; how to make the family food preservation plan; how to use pressure canner; how to prepare foods for freezing; to recognize the importance of fruits and vegetables in the diet and to increase their use during winter months.

These girls exhibited their products at club and at Fairs. The county winner in canning contest was also a blue ribbon winner in the District contest. Reports show these girls canned 17,430 quarts of food alone and helped their families can 22,400 quarts. They prepared for freezing 860 packages and helped to prepare 1175 for freezing. 112 girls report helping to plan the canning budget for their family needs.

B. OTHER ACTIVITIES

1. National 4-H Club week

Special emphasis was placed on observance of National 4-H Club Week at each 4-H Club meeting during Month. The program had for their theme, "Better Living for a Better World." Non-members of club age were invited to visit the club meeting and to join 4-H Club.

In further observance of National 4-H Week, the County Council met to check progress and make new plans; The Pamplin Club prepared and presented a radio program with assistance of club leader, over W F L O Farmville; The Appomattox Junior 4-H Club prepared and presented a radio program over W L V A Lynchburg. Each club told of the 4-H objectives, outstanding achievements, values and plans for the years work.

2. Rural Life Sunday

Each of the eight 4-H Clubs observe Rural Life Sunday in May. Each club selected a church in the community in which it is organized for the Service. A committee of members from each club conferred with the pastor and made plans for the Service. At each of these services, the pastor built his sermon around the Heart H. Some of the 4-H members participated at each service, by reading

Scripture, giving 4-H Pledge, Motto and Creed; some acted as ushers and took up collection. The members decorated the churches in 4-H colors for the Service. Very favorable comments on these services have come from each community where they were held and an appreciation of learning something of 4-H activities.

3. State 4-H Club Short Course

Three 4-H Club girls attended the State 4-H Club Short Course at Blacksburg last of June. These girls were very much impressed with the activities carried on there and have assisted with their club programs more effectively.

4. District 4-H Club Camps

Twenty 4-H girls, fifteen boys, two adult leaders, home agent and assistant farm agent attended District 4-H Camp at Holliday Lake the first week in July. 4-H members from four other counties attended camp at the same time, making a total of 150 members at camp. The members had a wonderful time. Many learned to swim for first time. Excellent recreational programs, instruction in Nature Study, electrification and handicrafts kept each member busy and happy while there.

5. Contests

Contests were held as part of the regular club program as an incentive to doing good work, then recognition of work well done. Club contests were held in each club on all projects. Six county winners entered the area contest for District honors. The Laundry and Food Preparation contestants won in the District and competed in State contest, each winning second honors. The agent feels the contests are helpful to the girls from the standpoint of training the girl to plan, prepare and present a demonstration to a group. The member gains confidence and poise, importance of appearance and handling of equipment efficiently.

6. Fairs

Twenty-three 4-H girls entered exhibits at Farmville Five County Fair and collected a total of \$75.50 in prizes, which included a number of first prizes. Nine girls entered the Dress Revue Contest and won five placings, two first prizes, two third and one fourth.

Twenty-five girls entered exhibits at Lynchburg Farm Show and twelve girls entered Dress Revue Contest. Competition was greater here with nine counties competing. The girls collected \$45.00 in prizes on exhibits made.

7. Recreation

Each club held a party, picnic or some form of recreation during the year. Approximately 100 4-H Club members and their families attended the County-wide 4-H Club picnic at Holididay Lake in July. The picnic was sponsored by the County 4-H Club Council. After swims and sunning on the beach a bountiful picnic lunch was enjoyed.

8. Achievement Day

Approximately 60 4-H Club members, leaders and parents attended the 4-H Achievement program Saturday, October 29. The County Council planned the program on a competitive basis for each club with prizes for attendance, exhibits, club skits, songs and yells. Forty-five dollars in prize money was solicited from Appomattox Business places and awarded in prizes as follows: Attendance, first, Evergreen Club, second, Appomattox Senior Club; Exhibits, Appomattox Senior Club and Vera 4-H Club; Skit - Oakville 4-H Club; Song, Evergreen Club and Yell, Appomattox Junior. Medals were awarded and certificates of merit and recognition to six members doing outstanding club work this year. Mr. Cooley Verner, University of Virginia, led the group in a number of games during the recreational hour.

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VII. SCOPE OF WORK

	1948	1949
Number of Home Demonstration Clubs	15	16
Membership	309	330
Number of 4-H Clubs	7	8
Membership	195	198
Number of other families reached	715	720
Total Number of families reached	986	994

These other groups of 18 women met during the year for sewing machine clinics, demonstrations on canning and chair seating. All of these demonstrations were given by the home agent.

VIII. COUNTY ORGANIZATIONS

A. County Board of Agriculture

This organization has been rather inactive as a group, however, it is our plan to re-organize at an early date.

B. County Home Demonstration Committee.

In working out 1949 Home Demonstration Club Program, the County Committee, composed of club presidents and program development chairmen met and considered very carefully county, community and home needs as brought out at club planning meetings and reported to them for consideration. The family income and cost of improvements were considered. With more money to spend on improvements in the home, they included demonstrations to work toward that end. Participation in District and State Federation of Home Demonstration Clubs was planned at the spring meeting of county committee.

Special planned activity for clubs included hooked rug demonstrations; tailoring school; tray painting; cooperate with health department in clinics and educational work on a health program; work for better rural telephone

service; and leaders to give at least six demonstrations in each club. All program planning was done with the assistance of district and home agents.

C. County 4-H Club Council

The County Council is composed of officers and leaders of eight 4-H clubs in the county. Three meetings were held by the Council. The 1949 4-H Club program, including subject matter projects; monthly calendars of suggested programs; county-wide and community projects; and the observance of National events as 4-H club week; 4-H club Sunday; 4-H Club camp; 4-H Achievement week; contests, fairs and recreation, were planned by the council at the regular meeting in December. The spring meeting of the Council was to check progress, completed plans for summer project work, camps, contests and recreation; the summer meeting was devoted to plans for Achievement Day and reports.

D. County 4-H Honor Club

The Honor Club has a membership of approximately 25 older 4-H Club girls and boys. They have helped with projects, records, fairs, and achievement day. Six members were given certificates of merit at the achievement program and will later be initiated into the Home Club.

E. Other Organizations

1. Professional Workers Council

The most outstanding work of this group was sponsoring the 100-bushel corn project this year in cooperation with some local business men.

2. County Home Economics Workers

The home agent and vocational home economics teachers in the county have cooperated on food production and conservation programs, in reaching as many families as possible, without duplication with information on producing and conserving the family food supply.

3. County Cancer Council

The agent has cooperated with all educational programs sponsored by Cancer Council. Has contributed news articles and radio announcements in behalf of program.

4. Red Cross and Y. B. Drives

Home Demonstration Club members have assisted in every way possible with clinics and raising funds for these organizations.

II. ACTIVITIES OF VOLUNTEER LEADERS

A. Adult

The organization leaders are responsible for promoting the county home demonstration committee and for the growth and success of the program within the community and county. The subject matter specialists are responsible for giving subject matter information to their clubs through demonstrations. The leaders were trained at sixteen leader training meetings, seven meetings held by specialists and nine held by agent, in preparing leaders for their demonstrations. The leaders have done an excellent job this year. In two Clubs, Clover Hill and Appomattox, the leaders have attended all training meetings and have given 100% of club demonstrations.

Leaders' reports show that in 1948, 80 club meetings were held by leaders without agent and in 1949 the leaders held 102 meetings without agent. The leaders enjoy knowing they are depended upon for the success of their club demonstrations and have worked very efficiently this year. They have given generously of their time and efforts in carrying out the program.

B. 4-H Club Work

Each 4-H Club has a sponsor who works with the club officers on all organizational matters of the club. They are responsible for carrying out club program as planned by County 4-H Council. The project or subject matter leaders,

ten adult and 34 junior, were trained at ten leaders training meetings. The leaders reports show an increase in meetings held by leaders over 1948. In planning with the leaders for meetings held during the year, seventy-two conferences were held to check plans and methods for demonstrations. It was the development of the club member rather than project that was emphasized.

Growth of Home Demonstration Club Project Leadership	1948	1949
No. project leaders and goal chairmen	76	85
No. Training meetings held		
By Specialist	5	7
By Agent	11	9
Attendance at all training meetings	221	265
No. Club Meetings held by leaders without agent present	60	102
No. Club Meetings at which leaders assisted	38	44
No. Club Meetings at which agent gave demonstration	64	47

Growth of 4-H Club Project Leadership	1948	1949
No. adult project leaders	10	10
No. junior project leaders	10	24
No. training meetings held		
By Specialist	3	1
By Agent	15	9
Attendance at leaders training meetings	138	155
No. 4-H Leaders trained individually	16	22
No. Club Meetings held by leaders without agent present	21	32
No. Club Meetings at which leaders assisted	46	48
No. demonstrations given		
By leaders	2	26
By adult	28	28
By Junior	20	22



Clover Hill Home Demonstration Club Leaders have given 100% of the club demonstrations since they were organized a year ago.



Clover Hill Home Demonstration Club showers a bride in the community.

I. SIGNIFICANCE OF THE YEARS WORK

The objectives of the 1949 Home Demonstration and 4-H Clubs programs were to improve standards of farm, home and family life and to develop leadership abilities in adult and 4-H Club members.

The planning of the adult and youth programs was based on needs and interests of the members and was done by them.

Recently a county citizen remarked to agent, "I believe in giving roses to the living, so I want to tell you there has never been an organization in the county that has influenced for better homemaking and improved standards of living and the growth of the individual woman and girl as the home demonstration club program."

This year's program has given members an opportunity to express their personalities in many ways and has given them much satisfaction in their accomplishments and relationships with one another.