

VIRGINIA

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

_____ LUNEBURG _____ COUNTY
1950

Agent Esther B. Foster, December 1, 1949 to November 30, 1950

Assistant Agent _____

Agent _____

Assistant Agent _____

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III. Contribution of the 1950 Program to Better Family Living.

The Extension program during 1950 in Lunenburg County has had influence in setting a higher pattern of family living on farms. The people are conscious of the need to look beyond their immediate problems, at home and on the farm, to National and international situations in order to help form Peace. They realize the situation affects their happiness and security. A higher pattern of ^{family} living was spread by club members to non-member neighbors back at home. The members carried information and facts learned at club meetings. The Home Demonstration Federation Goal, 'Citizenship', was stressed this year, and through this in the clubs, the rural women were made conscious of the fact that everyone (homemakers, farmers, businessmen and children) must take part in helping the world to become a better place to live if we expect to enrich the lives of our people.

Special interest projects selected by committees from the rural people, (Home Demonstration County Committee, the Board of Agriculture Committees) were carried out in various ways as a joint Farm-Home Program. Part of these projects were selected from the long-time county goals. Increased emphasis was placed on projects that have not always been considered as basic to the needs of family living such as, obtaining more telephones in rural areas, better home sanitation, and family relationships. The projects that have always been considered basic to the needs of families such as home management, clothing construction, food preservation, and home grounds beautification, were also carried along as special interest projects.

In addition to county-wide special interest projects, the Home Demonstration clubs had additional work at their regular club meetings on foods and nutrition,

home management, handicraft, and clothing.

Some projects carried as special interests and at regular meetings were projects that were an outgrowth of previous years or as a continuation of work from 1949. In 1949 the Home Demonstration club members were quite interested in Rural Art and Handicraft; therefore, they carried varied projects. In 1950 the members planned and carried out a program with more time allotted on one subject rather than varied topics from month to month. The Home Agent believed the members would be better informed, have higher ideals of projects, and better morals of family living if they studied one subject in detail rather than just being exposed to the material.

A few statements of achievements during 1950 will show what activities contributed toward better living in Lunenburg County.

Nine United Nations flags were made by Home Demonstration clubs and presented to some public building. Public policies were discussed. A study of "You and Your Government" was made in 10 Home Demonstration clubs. 117 letters by Home Demonstration members were written to representatives about bills to be voted on in the Legislature.

During 1950 there were three kitchen result demonstrations continued from the 1949 program. The following things have been accomplished by the demonstrators during 1950:

1. Running water has been put in two kitchens.
2. Sinks have been placed in two kitchens.
3. Cabinets were built in one kitchen
4. Floor remodeled in one kitchen.

There were approximately 98 families helped to have better diets during 1950. 278 prepared new dishes. 17952 cans of food were preserved. 30 people attended a Frozen Food demonstration showing use of frozen foods. 314 members reported using short cuts in food preparation as was suggested by Extension methods.

Two county-wide clothing construction schools were conducted with 23 club members attending and making fitted garments. Even though people had somewhat better incomes they wanted to study and know more about the new materials available on the market, and about the increased cost in ready made garments.

23 yards were improved in the county as a result of the result demonstrations conducted.

Leaders in both Home Demonstration clubs and 4-H clubs were most cooperative and have demonstrated their ability to be leaders; also improvements in their methods. 93 leaders gave 69 demonstrations during 1950.

Some activities planned were not carried to completion for various reasons; however, it is believed that Lunenburg County has better living although it is just in the beginning of making every home in the county beautiful to look at and comfortable for living.

IV. Adult

A. Project Work -

1. Citizenship - Public Problems and Policies

Citizenship is the relation between the individual and his world. The lives of people are enriched through seeing, understanding, and helping the world to become a better place to live.

a. Objectives -

The Lunenburg County club members wanted to see every individual in the county an informed and participating citizen; to have women recognize and meet the responsibilities of citizenship. The agent wanted the homemakers to learn and know that even though they have full-time

jobs at home with housekeeping work, it is their responsibility, too, to be informed and help toward making their home, community, country, and nations come to a common understanding of their problems. Another interest was to study "You and Your Government" a pamphlet prepared by the Extension Service. The Home Demonstration Committee wanted to have a county-wide institute on Government. One objective (a carry-over from 1949) was to get every Home Demonstration Club member to use her voting privilege.

b. Methods used and Results Obtained -

There was much interest in this project for the club members tried to keep informed of activities going on in the county and nation. There were two county meetings held, one on Library work and one on Health. At that time the situation on hand was discussed. The Home Demonstration leaders of these projects in the clubs contacted other club members and had good representations at these meetings to participate in these discussions.

The pamphlet, "You and Your Government" was studied for five different months in each of the ten Home Demonstration clubs. This was conducted by the club citizenship chairman. Discussions were held at two different monthly meetings on the United Nations organization, objectives, and meaning of the United Nations flag. As a result, nine flags were made and presented to the 3 community buildings, 4 schools, the American Legion Hall and the Courthouse in the county.

85 letters were written by Home Demonstration club members to inform their representatives of their feelings and needs for rural telephones. This was a project of concern to people who already had telephones and wanted others to have that convenience in the home.

Home Demonstration members have participated in P.T.A. meetings

for better understanding. Education is a great helper to citizenship, and in order for an individual to understand his world, he must first be educated by the family, ^{then} the school. Three radio programs during 1950 were devoted toward citizenship programs. Two leaders participated in these, with the agent.

To get every Home Demonstration member informed and to get her to use her voting privilege was one objective on which little was accomplished; however, 53 people were influenced to take part who had not taken part before.

A county-wide institute on Government was not held.

2. Home Improvement and Management -

a. Objectives:

It was the desire to work toward improving homes to be more comfortable to live in and beautiful to look at, as well as to have every homemaker manage her business of homemaking so she might have more time for rest, reading and social activities. The Home Demonstration members asked for a training meeting and a demonstration on planning work centers for the kitchen and laundry rooms. A continuation of 3 kitchen result demonstrations was to help others in the community see and know how the work centers could be improved.

The County Board of Agriculture Farm Home Improvement Committee stressed that every farm home entrance be improved as follows:

- (1) Every farm home have a substantial mail box post, good mail box (painted) and owner's name printed on it.
- (2) Every farm owner name his farm and place it at the entrance of the farm. In addition to this improvement they asked that 10 yard improvement demonstrations be conducted with the help of specialists, in

the 10 communities in the county (one in each community).

b. Methods used and Results Obtained -

A training meeting was held by the Home Management specialist with 22 leaders attending. At this time Miss Helen Alverson gave a demonstration on "Planning the work center in the Kitchen". She demonstrated time saving rearrangement of working spaces in the kitchen. The basic points for a convenient, yet attractive kitchen were studied. She gave special emphasis toward scheduling work so as not to waste time or motion. In her demonstration, sample materials for basic general improvements were displayed. The demonstration was in turn given by the leaders back in the club. As a result, there were 3 ladies who wanted help in remodeling their kitchens. There were 36 club members who reported making some improvement in their kitchens after the demonstration. 72 families reported they practiced time and energy saving activities as recommended by Extension, making for improved relationships and more leisure time.

Planning the work center for laundry was studied at each of the 10 Home Demonstration club meetings. The basic principal arrangement of the laundry work center, laundry methods, equipment and supplies for doing an efficient job with the least amount of effort and expense was studied. As a result, 24 homemakers reported changing arrangements in laundry equipment when doing their washing; 63 reported having practiced some method of saving time.

The agent encouraged the kitchen demonstrators to continue with their project of improving. These 3 demonstrators were given indi-

vidual suggestions for improvements during 1949. They are gradually improving their kitchens as suggested by the specialist. The following things have been done in this project during 1950: running water has been installed in two; sinks have been placed in two; cabinets have been built in one; and the floor has been remodeled in one kitchen.

Mrs. Sam Eubank has had ^{to} move slowly with her project, because of finances, but her sons put in the water in their spare time, and purchased an electric stove for her kitchen.

The Farm-Home Improvement Committee of the Board of Agriculture was particularly interested in stressing yard improvement and farm entrances; and with their loyal and untiring efforts, this project was very successful. This project was carried with the Farm and Home Agents participating in order that it would be a success. In each of the 10 Home Demonstration clubs in the 10 communities, the club selected one individual (club members and non-club members) from their community to act as a yard improvement demonstrator. Each demonstrator was visited by the landscaping specialist and one agent. Suggestions were given for improving the yard. A seed dealer in Kenbridge gave mixed seed, suggested by the specialist, and one bag of fertilizer to each demonstrator in the county. These demonstrators carried out the recommendations. The landscaping specialist visited each demonstrator later in the year and gave further suggestions for improvement; also suggestions on care of lawns. Every demonstrator did a good job of improving his yard. As a result from these demonstrations, reports were given at the Home Demonstration meetings of suggestions on yard improvement and on lawn care. 13 other people requested help on landscaping problems and were aided by the specialist.

The farm entrance improvement was not as successful as the yard improvement project. In 4 of the communities the Home Demonstration clubs carried this as a club project. The clubs selected a chairman for the project. The chairman set up detailed monthly work for the members to do toward improving their entrance. There were 31 mail box posts made substantial in the 4 communities. 27 mail boxes painted. 25 names were painted on the box. 13 farms were named and 10 have placed farm name at entrance of their farm.

3. Food and Nutrition -

a. Objectives -

Many families have been helped in previous years to have better diets. Extension work is not finished in Lunenburg County in the Food and Nutrition field until every family has changed some of its long established ideas and habits, grows more of the food needed, and knows how to prepare them wisely. During 1950 the ladies wanted a demonstration on 'Master mixes' which would help them to prepare more nutritious and hot foods in a little time, yet give their families foods they liked. The ladies wanted a demonstration showing how to serve meals and be a gracious hostess, or to be able to eat at the same time the family does.

Materials for decorating tables for special occasions and everyday tables are so expensive, one club meeting was planned in order to learn how to decorate tables inexpensively, yet to be attractive.

b. Methods used and Results obtained -

The Food and Nutrition specialist, Mrs. Mary L. Thompson, trained the Home Agent how to give the demonstration on 'Master mixes.' The mix was made and three products were prepared at each club meeting.

It was stressed that this be used as a time-saving activity in the kitchen. The club members were given samples of products made as a result of this project. 178 members reported they had made the mix and find it most helpful. The Home Agent had requests from non-members for copies for making the mix; also for the recipes that were used.

20 club leaders (a representative from each club) attended the Food leader training meeting given on 'Table Service' and 'Decoration.' The training was given by Mrs. Mary L. Thompson, Food and Nutrition specialist. The club leaders, in turn, gave the demonstration back to their club members. They stressed, in their demonstrations, that all homemakers needed some type of tea wagon or table for convenience and labor saving in serving meals. Attractive inexpensive table decorations were demonstrated. These were given for every day decorations and for holidays.

Printed material, "Master Mix and Recipes", "Table Decorations", and "Table Service" directions were distributed to each club member at the club meetings.

Club Leaders Gave Excellent Demonstrations: The food leaders, Mrs. J. J. Taylor and Mrs. John Featherstun of Lochleven Club, and Mrs. J. G. Petts of Dundas Club worked up very interesting demonstrations from their training and materials they got together. The members were so pleased they stated that they wished the agent could have come in after the demonstration to view the excellent results of the leaders' work. 8 members reported they had purchased or had acquired tea wagons or a table to use while serving meals; they also reported it was most convenient and lightened their work. 58 reported using suggested inexpensive table decorations shown at club demonstrations.

The Lunenburg County homemakers are using the new and improved methods of preserving foods. One county-wide demonstration was given in the preparation of cooked and baked foods for the freezer. Thirty people attended this meeting. Home Demonstration members have reported 1260 packages of fruit frozen, 2026 packages of vegetables frozen, and 6029 pounds of meat frozen. The locker and home units have proved a great asset to the county. Canning was also of great interest in some sections of the county.

4. Health

a. Objectives -

It was felt that club members should continue in helping with the health program being carried on in the county, for the betterment of the health of people who cannot afford health service.

b. Methods Used and Results obtained

The club members continued with help toward health work in Lunenburg County during 1950. Two clubs had a health nurse to attend their club meeting. The nurse gave a talk on her program, and how the club members might help with the health program. A demonstration was given on making bandages. As a result, there were 285 bandages made by club members and given to the health nurse to use as needed.

Home Demonstration members participated in the chest X-Ray clinic held in the county.

There were several members who took an active part in the health program carried on with vaccination. It was a great help to the county health people as well as their neighborhood friends.

Club members, Home Demonstration clubs, and Home Demonstration Committee

pledged willingly toward the project undertaken by Lunenburg County, Mecklenburg County and Brunswick County to build a hospital. \$700.00 was pledged toward this project.

5. Clothing Construction

a. Objectives -

There was a need for better and improved work with clothing, both through sewing, in selection, and in buying. These following things were planned: A clothing construction school, a study on new fabrics - use and care, and a study of selection in buying clothing. The ladies had the desire and ambition to request help in order to know more about styles, look stylish, yet not spend more than an allotted quota on clothing.

b. Methods used and Results Obtained

Two clothing construction schools were conducted by the Agent and the County Clothing Leader, Mrs. V. G. Epes. Mrs. Epes is skillful in clothing construction, and was of great help at the schools. 23 ladies enrolled and attended the lessons on clothing construction.

The basic principles for making a fitted garment were taught. Each lady made a fitted garment in the 3 all day meetings held. Four of the ladies had never sewed before. Sheets of instructions on various steps such as buttonholes, and putting in zipper were given to the people who attended the classes. When the schools were completed six of the ladies participated in a radio program and gave highlights on steps and things they learned. One of the features at the Achievement Day program was a fashion show of the garments made at the Clothing Construction school.

Seventeen clothing leaders, a representative for each Home Demonstration club, attended the training meeting on "Colors that Flatter", and "New Fabrics - their use and care." This was conducted by Miss Ann Wills, District Home Demonstration Agent at Large. The leaders gave the demonstration, with the Home Agent's help, in an interesting manner. Principles of buying clothing was also studied during the year. 146 ladies reported they were better able to choose ready made garments after studying buying principles and the new fabrics on the market. Home Demonstration members reported they made 1421 new garments during 1950 - and remodeled 349 garments. Bulletins and printed matter were distributed to the club members at the meetings.

Short reports were given at some of the club meetings, by the clothing leaders, on styles and fashion trends they had read about or from sheets mailed them by the agent.

6. Family Relations - Recreation

a. Objectives -

To have one meeting on family recreation so that new games might be learned and taught to the family.

b. Methods used and Results Obtained -

The December Home Demonstration Club meeting was held as a Christmas party and the recreation leaders were in charge of the recreation. New games suitable for family recreation at home were played, so club members would be able to play them with their families. 38 ladies reported teaching 57 new games at home.

Eight Home Demonstration clubs had picnics during the month of August and the members invited their families. The club members had some planned

recreation, also time for social get-together, along with picnic suppers.

Three Home Demonstration Club members attended the District recreation training meeting held at Blackstone. These leaders taught some of the new games back in the county and helped with recreation at county-wide programs.

7. Handicraft

a. Objectives -

Handicraft work gives emotional outlets as well as satisfaction within one's inner self. The main objective for this type work is to learn to make beautiful, well made articles, and to develop skill in work that is done. The Agent wanted the people to learn to appreciate things done well, also to have a need for it.

b. Methods and Results -

As a club choice, demonstrations^{on}/renovating lamp shades were of great interest among Lunenburgers during the summer. Eight Home Demonstration clubs were given demonstrations on the making of lamp shades from plastic coated paper. As a result, 85 lamp shades were made in Lunenburg County.

As another club choice demonstration, the members worked on stetched trays. The demonstration was given and members continued making trays on their own. The ladies have improved their skill with this work; however, the agent does not believe the members learned that there must be a definite need and place in the home for handicraft articles. Some were made for gifts. Approximately 135 trays were made.

Some work has been done on painting china and glassware.

8. Others

a. Christmas Gift Suggestions -

Ideas and leaflets on how to make inexpensive Christmas gifts were distributed to all club members. Suggested gifts were shown; some members brought a few to show and demonstrated how they were made.

2. Library reading -

The Extension reading lists were mailed to every club library chairman. The chairmen emphasized reading good books, also ~~the~~ ^{that} club members read 5 books listed on the reading list. 27 club members received reading certificates for reading 5 books from the list.

One club started a loaning kit. One new book was purchased every 3 months to go into the kit. This project helped club members to read more than usual.

B. Other Activities -

1. Community Activities

a. CLUB HOUSE PROJECT:

- (1) Objectives: The people of the Plymouth community believed their community house built several years ago needed repairs, a larger kitchen, and some materials to make it more useful and attractive. This was to be a cooperative project.
- (2) Methods used and Results Obtained: The people took much pride and interest in this project. A new kitchen was built downstairs, with cabinets and sink installed. A gas stove was purchased, and tables were made. The Home Demonstration members participated in improving this building, along with other organizations in the community. The Home Demonstration Club served 3 suppers to make money for helping to pay for the improvements. The building was used on an average of three days a week for community and county activities.

It is the center of interest in the community

b. FRIENDSHIP SERVICES:

(1) Objectives -

To forward friendship

To Advertise Home Demonstration work

To benefit club treasuries.

(2) METhods used and Results Obtained -

This project played an important role in the Home Demonstration clubs. 16 meals were prepared and served by the clubs to other organizations. The club members learned about quantity cookery as well as some basic rules for serving.

Sunshine baskets were sent to the sick and needy of the 10 communities. Flowers and cards were sent by remembrance committees in each club.

2. Federation Goal - 'Citizenship'

a. Objectives - (Written in subject work - No. 1 heading).

To build a better understanding with the family, community, county and United Nations.

b. Methods used and Results Obtained with subject matter work (No. 1 heading)

3. Other Activities

a. DISTRICT HOME DEMONSTRATION FEDERATION

a. Objectives - Each club to be a member of the State Home Demonstration Federation and work in relation to the organization. To acquaint more people in the county with Home Demonstration^U club work and to have each club represented at the District meeting.

b. Methods used and Results obtained -

Each of the Home Demonstration clubs paid its federation dues.

There were 40 members who attended the District annual Home Demonstration Federation meeting held at Charlotte Courthouse. The members heard reports given by the Home Demonstration Committee presidents from each of the counties represented, and the main speaker's discussion on the home. A report of the District meeting was given on the Extension program over WSVS. The wave length of this radio station reaches all the homes in Lunenburg County.

b. NATIONAL HOME DEMONSTRATION WEEK

- 1. Objectives - To acquaint more people with the Extension program, to get new members enrolled in the Home Demonstration clubs, and to have two exhibits displayed.

2. Methods used and Results Obtained

National Home Demonstration Week was observed by members attending the District Federation meeting. Two radio programs were given with 4 members participating in one of the programs.

The agent had news articles in the Lunenburg County weekly paper announcing the week and notices of special meetings. This paper has a subscription volume of approximately 750.

The club members fell down on getting many new members during National Home Demonstration Week.

Two exhibits were planned, prepared and displayed in two store windows (one in Victoria and one in Kenbridge).

c. INSTITUTE OF RURAL AFFAIRS

- 1. Objectives - To have a representative from each Home Demonstration Club, and to have some of the information secured at the Institute brought back and given to Home Demonstration members.

2. Methods used and Results Obtained -

Five Home Demonstration Club members attended the Institute of ^{the} Rural Affairs with the Home Agent. The ladies who attended represented only five of the clubs. The Home Demonstration Committee gave scholarships to two members. Mrs. R. B. Bernard, Mrs. Edwin Gill, Mrs. C. L. Barnes, Miss Hallie Cage, and Miss Pansy Pennington attended different meetings in order to bring back more information to the county. Each lady wrote up reports on meetings she attended. These reports were combined and typed copies of the most interesting things were sent to each of the 10 Home Demonstration clubs. Information from these reports was broadcasted.

d. POULTRY IMPROVEMENT:

1. Objectives: Demonstrators to get suggestions on improving their flocks, buildings, and equipment. Each demonstrator make one improvement during 1950.

2. Methods used and Results Obtained -

9 poultry demonstrators carried the Farm Flock Improvement project, and Mr. A. L. Dean scored the flocks for improvements. Each demonstrator improved in score. Mrs. V. G. Epes scored highest, with a total of 96. She has made improvements in the houses. Two demonstrators had built 2 roosting houses and one demonstrator had built an excellent feeding box.

Each month as the sheets with Hints for Poultry Flock Demonstrators came to the Home Agent's office, those were mailed to each demonstrator.

e. FEED BAGS WERE HIGHLIGHTED -

1. Objectives - To have cooperation of Home Demonstration Club members with public agencies and to have members take an interest in making well made garments.

2. Methods used and Results Obtained -

Home Demonstration Club members and non-members, in cooperation with

The Southern States Cooperative, staged a fashion show of "feed bag garments. 38 garments were modeled and judged by outside judges. First, second, and third prizes were awarded to the people who modeled. Approximately 150 attended this meeting, and much interest was shown by all.

f. HOME DEMONSTRATION ACHIEVEMENT DAY

1. Objective - To help people analyze their work done, to have a social county-wide get-together. Exhibits were planned for educational purposes.
2. Methods Used and Results -

The Home Demonstration clubs held their annual Achievement Day program as a separate part from the 4-H program. It was not as successful as it had been planned.

The Victoria Community building was decorated with fall leaves and flowers. On one side of the building exhibits were displayed on various projects carried during 1950.

Home Demonstration county leaders of the various projects gave short summaries of the outstanding work done by Home Demonstration club members and clubs.

The guest speaker was Kent Loving, who talked on his trip to Denmark. He also showed slides. The Home Demonstration Committee sponsored the program.

V. 4-H Club

A. Project Work

1. Clothing

a. Objectives -

To teach the basic principles of sewing, and how to handle sewing equipment. Also to teach personal care of the girls' clothing as

well as good grooming.

b. Methods Used and Results Obtained -

Demonstrations were given by the agent and leaders in Clothing Unit I, Unit II and Unit III to the club members in different clubs. Each girl was helped to get started in the project at the club meeting. At the following club meetings the project work was checked and individual help was given when needed by agent and leaders. Typed sheets of instructions, pictures, and exhibits created great interest among the members in their clothing project.

The following things were done by 4-H Club members in Clothing Unit I - Looking Your Best projects:

- 59 members reported improving care of feet.
- 63 members reported improving care of teeth.
- 79 members reported improving care of hair.
- 49 members provided a shoe shine kit.
- 69 members made quick repairs.
- 57 members pressed woollens.
- 53 members replaced hems.
- 63 members laundered 187 sweaters.

These members used methods learned at the club meetings or suggestions from sheets of instructions given them. The girls carrying this project had improved in neatness and appearance.

There were 34 members enrolled in the Clothing Unit II - Make or Remake project. The members had a desire to have stylish clothing, yet could not afford to buy all they needed to have for the various activities they participated in during the year. This forwarded

the make or remake project and proved helpful to every girl completing her project. There were 27 to complete and hand in record sheets.

Demonstrations were given on pattern selection, styles, materials, and color, as a background to the project. This was done with pictures and printed matter. The agent gave each girl help with adjusting, placing of patterns and cutting. There were

69 new garments made.

28 garments remodeled.

27 girls had completed sewing kits, and owned a pattern.

Demonstrations were given to club members who were beginners in sewing (those carrying ^{Clothing}Unit III) - So You'd Like to Sew. Printed instructions and patterns were given to the members. The agent had each girl to bring her supplies and material, and the actual work of making the articles required for this project was done at the meetings. As a result, there were 40 club members of the 43 carrying the project to complete. The following articles were made.

57 headscarfs.

37 needlecases.

35 aprons.

37 stuffed toys.

4 handkerchiefs.

22 kitchen towels

2 wrist pin cushions

47 blouses.

This whole clothing project, Units I,II,and III has created more

interest in 4-H Club work. As a result, there were approximately 90 articles of clothing exhibited at Achievement Day.

2. Bread Making

a. Objectives

This project has two main purposes - to teach club members the basic principles in using equipment - how to make bread correctly, and how to improve the farm family health through serving nutritious food.

b. Methods used and Results Obtained -

There were six clubs that carried this project. The girls were divided into smaller groups while taking the project. 9 summer adult leaders were helpers for this project.

Mrs. Mary Thompson, food and nutrition specialist, trained 4 leaders of the basic steps and rules that should be taught to the club members in this project. The agent trained six other leaders who were to help with this project.

Demonstrations were given by the agent and leaders showing how to use equipment and how to make different kinds of breads. The girls returned at the next club meeting with samples they had made, and they were judged. At the meetings the girls gave demonstrations on various phases in making breads. 24 demonstrations were given to the members by the leaders. The meetings were held as the leaders saw fit rather than once a month as they are held during the winter. 78 girls completed and reported having prepared these foods as follows:

- Biscuits - - - 1470 times
- Corn Bread - - 428 times

Muffins - - - - - 276 times
 Griddle cakes - - - 196 times
 Waffles - - - - - 70 times
 Loaf Bread - - - - - 19 times
 Yeast rolls - - - - 235 times
 Sally Lunn - - - - - 46 times
 Total -- - - - - 2740 times.

Members judged foods average 4 times.

The principles of making bread improved methods used at home by both the 4-H member and her mother.

3. Food Preservation

a. Objectives -

To teach club members the need for well canned and enough food for the family through the months it is not available from the garden. To teach methods of handling equipment and improved methods in food preservation.

b. Methods and Results -

This project was carried by older club members and demonstrations were given by adult leaders and junior leaders. The agent reviewed timely canning methods and uses ^{of equipment} with the leaders before their demonstrations.

29 girls enrolled in the project and 27 completed. The girls planned the needed canned foods for their families. Each girl gave a demonstration.

The girls reported the following as a result of this project:

1295 jars canned alone

934 jars helped to can.

The girls assisted 21 people with canning methods. They judged canned foods 4 times.

4. Home Improvement

a. Objectives -

To teach club members to learn to take the responsibility for her room, and to learn to select colors suitable.

b. Methods and Results -

Two club members were carried to Petersburg to the demonstration meeting on Room Improvement. They were assisted in making a long-time plan for improvement. One girl painted her room and made a lamp for her room. This project will be continued through next year as a result demonstration.

B. Other Activities

1. Community Activities

a. Objectives - To have each of the clubs to do something toward improving their community.

b. Methods used and Results -

Each of the 8 clubs selected a community project toward improving their community. The selections were as follows:

West End 4-H Club - To plant shrubbery around school.

Meherrin - To help adults with cleaning church grounds.

Victoria, Jr. - To clean two streets of paper and trash.

Victoria, Sr. - To clean Victoria Community House grounds.

Kenbridge, Jr. - To plant a tree at school.

Kenbridge, Sr. - To collect money for camp program.

Lechleven - To clean school grounds and to help plant shrubs at local church.

Plymouth - Mail box improvement.

The projects were not as successfully completed in all clubs as has been in years before. Several clubs did not do any work toward this project. The following are the most outstanding things done in the projects. The Lochleven Club cleaned the school ground and helped to plant shrubs at the local church.

The Plymouth Club had club members to improve mail boxes and paint names on 23 boxes in their community. This was conducted also as a money making activity for their club.

2. 4-H Camps

a. Objectives -

To have club members associate with other club members. To broaden their interests and relations with the outside world for them. To have each club represented and make an article to carry home and ^{to} give a report upon returning.

b. Methods and Results -

The agent talked to the parent and child about camp - requirements and activities, and the requirements to go to camp were checked before going to camp.

Twelve girls attended District 4-H Camp at Virginia Beach. The girls participated in the programs and work while there for a week. Each girl made some type of handicraft while there. One older girl, Glenda Evans, went to camp a day before the other members arrived, and she acted as hostess to the girls when they came in on Monday. It was an educational experience for Glenda and she enjoyed it. She was helpful to the group while at camp that week.

Reports were given by these members at the September monthly club meeting.

Two girls attended Conservation Camp at Holiday Lake. They had instructions in Nature studies.

These girls gave reports on the radio of activities they participated in during the week.

3. Rural Life Sunday

a. Objectives -

To have a county-wide program and have members come together for a worship period.

b. Methods used and Results -

The agents felt that a county-wide vesper program would be a more effective way of observing Rural Life Sunday. The program was held in May as a county-wide outdoor vesper program at Lunenburg Beach. The club members participated in carrying out the program. Rev. C. E. Derby was guest speaker on the program. Approximately 90 4-H members and parents attended.

4. Achievement Day

a. Objectives -

To have a program showing the accomplishments of the year's work.

To have individual exhibits and educational booths displayed.

b. Methods and Results -

The grand finale for the 1950 Lunenburg 4-H'ers was held. The clipping that follows show methods and results of the program.

4-H Club Achievement Day A Big Success

The Lunenburg County 4-H Clubs held their annual Achievement Day Program at the Victoria Community House on Saturday, October 28. This is the first year that the 4-H Achievement program was not held in conjunction with the H. D. Clubs. The program was attended by a large number of club members, parents and friends.

The meeting was presided over by Maxie Moore, president of the 4-H Honor Club, with Janeta Alder acting as secretary. The invocation was given by Rev. G. A. Harris of Kenbridge. Mrs. Lucille Turner led the group singing. Then a summary of the year's work was given by a club member from each of the seven clubs. The following are statements of accomplishments taken from the various club reports.

1. Kenbridge, Jr.
Four club members attended District Camp at Virginia Beach. One club member, Judith Stokes, won first place in County Bread Making Contest. Another club member did outstanding work with dairy calf. Warren Winn's calf won the second prize at the Dairy Show in Franklin, and second place in the show at the Atlantic Rural Exposition.

2. Kenbridge, Sr.
There are 24 members on roll in our club. 18 club members purchased 4-H Club signs.

3. Lochleven:
We carried 3 small community projects. We helped to buy shrubs for the church ground. All during the school year we kept our school ground clean of paper and trash. We sent two baskets of fruit to two sick people in our community. During the summer the 4-H girls had two all day work meetings. Three H. D. Club members were there and acted as summer project leaders. There was 100 percent attendance of girls at the first all day meeting. Each time we had a picnic lunch. As a money making activity in our club, each member has helped in a 'selling candy' project at school. Every club member is participating in the Youth Exchange program by turning in 10 cents toward this project. This was the outcome of interest after the club members heard Kent Loving talk and show movies on Denmark, while they attended camp.

4. Victoria, Jr.
Four of our members participated in the program given before the County Farm Bureau for National 4-H Club week. Two club members and one leader attended our District 4-H Camp at Camp Farrar, Virginia Beach. We all had lots of fun.

5. Victoria, Sr.
Three members attended Conservation Camp at Holiday Lake near Appomattox. The two girls assisted the Home Agent with a radio report on the camp. The only club member to attend State Short Course held at VPI was from our club. He assisted the Assistant County Agent with a radio report on the State Short Course program. We made \$14.50 by selling subscriptions to the Victoria Dispatch.

6. West End:
For our community project we had a landscape specialist from VPI to make a tentative plan for

beautifying our school ground, so we can plant shrubs and trees in the most desired places. We sent a lovely fruit basket to a little first grade boy who was sick with rheumatic fever. We presented a playlet for the S. C. A. meeting, also worked with the Kenbridge, Jr. Club on a play demonstration the type of soil, for the Farm Bureau. Two boys and two girls went to District Camp.

7. Plymouth:
Our community project selected was 'Mail Box Improvement.' Several club members worked on this project throughout the Community. They put up new posts with mail box attached, painted the post and put name on the box. There were approximately 24 mail boxes improved in the Plymouth community. This was carried out by one of our money making activities for the club. There were twenty-three 4-H Club signs bought to put at the entrance to our members' homes. For National 4-H Week, the Plymouth 4-H Club decorated a store window with an educational exhibit. Every club member participated in this project. During that week some of the girls participated in a fashion show given.

After the reports were given Mr. J. W. Rogers, District Farm Agent, presented certificates of merit to the 4-H leaders who had served for a number of years. Mrs. W. T. Estes was presented a certificate for 15 years of service. Mrs. Hettie Spencer and Mrs. Lucille Turner were presented certificates for 5 years of service.

The county contest winners on the girls' projects were given awards by Miss Esther Foster, Home Demonstration Agent. Those who received awards were as follows: Judith Stokes, Bread Making; Louise Stone, Dress Revue; Betty Williams, Food Preservation (canning).

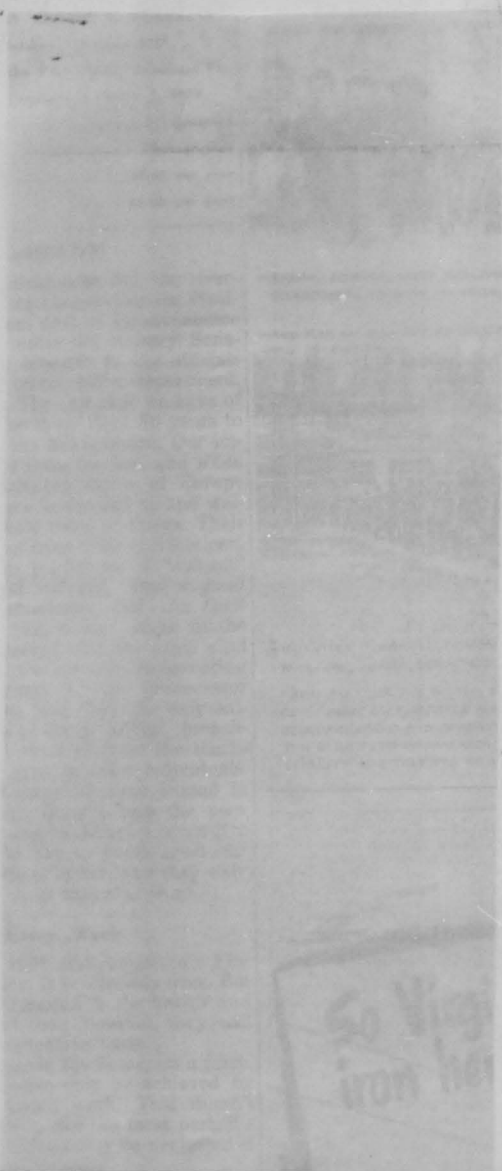
The county contests on the boys' projects were given awards by Mr. H. E. Powers, County Agent. Those who received the awards were: Dene Estes, Meat Animal; Franklin Vaughan, Field Crops; and, Maxie Moore, Lillie Mae Saunders, Warren Winn and Melvin Kirk, Dairy Achievement.

Mr. Sam Sanger, Assistant County Agent, presented awards to the two most outstanding club members in the county during 1950. He presented the 'I Dare You' book, given by the Danforth Foundation and Achievement pins to Grace Hubbard and Maxie Moore.

The guest speaker, Mr. L. B. Dietrich, Director of Extension Work in Virginia, gave interesting facts and statements about 4-H Club work. The meeting then adjourned, after several announcements were made about the exhibits.

Educational exhibits were displayed by each club. The winners were as follows: First, Kenbridge, Jr. on the topic Master M's; (It is regretted that a photo is not available). Second, West End - Fitting a Dairy Animal;

OE



fe today can be extremely electric wire becomes fraying plant goes out of adjustment with cigarettes—flameless stored in closets and oil-soaked rags are of a spark would set them off such as these that are the cause of fires. And it is these things that we must look out for—not during the week of the year.

continues at disgracefully the fact that, each year, fire kills 10,000 lives—many of them are thousands more are



County 4-H Achievement Day A Big Success

3. Patay Featherstun, 4. Grace Hubbard; 5. Alice Lyons; 6. Glenda Evans.

Learn to Sew project, 1. Lorraine Thompson; 2. Anita Bell; 3. Sue Gill; 4. Grace Gee; 5.



Winners in Individual Exhibits
Left to right - Front row, 1. Judith Stokes; 2. Betty Thompson; 3. Sue Gill; 4. Pat Alder; 5. Frances Wallace; 6. Frances Saunders; 7. Louise Stone; 8.

Patay Featherstun; 9. Shirley Johnson; 10. Betty Williams.
Left to right - Back row, 1. Janeta Alder; 2. Janie Bishop; 3. Alice Lyons; 4. Martha Flint; 5. Grace Hubbard; 6. Ruby Gee; 7. Lilly Saunders.



Left to right - Front row, 1. Warren Winn; 2. Edward Franklin Townsend. Left to right -

Back row, 1. Franklin Vaughan; 2. Dan Love; 3. Maxie Moore; 4. James Gauling.

5. National 4-H Week

a. Objectives -

- (1) To interest the public in the 4-H organization.
- (2) To have members dedicate themselves to do better 4-H work.
- (3) To show the public what 4-H'ers are doing.

b. Methods and Results -

Two exhibits were set up in store windows in Victoria and Kenbridge sponsored by two of the clubs. They displayed project work in an educational display planned.

In addition to the displays exhibited, 6 of the clubs participated in a program to the Farm Bureau organization. This program was made up of demonstrations and a fashion parade with members participating.

6. Special County-wide Activity

a. Objectives -

To have every club member purchase a 4-H sign and place at entrance to home.

b. Methods and Results -

This project was requested by the Board of Agriculture Farm-Home Improvement Committee. The need for this project was discussed at club meetings by the agents. Seventy-eight 4-H Club signs reading, "A 4-H Member Lives Here" were purchased by club members and put up throughout the county.

VI. Older Youth -

There were not any groups organized, and in the plan of work no objectives were planned on paper. The agent did plan to cooperate with other organizations of youth and to tell them of the Extension program.

The agent participated in two youth groups by holding discussion meetings on topics on homemaking. She gave individual help to people who requested help.

VII. Scope of Work

	1948	1949	1950
<u>Number Home Demonstration Clubs or Groups</u>	10	10	10
<u>Membership</u>	161	193	204
<u>No. 4-H Clubs</u>	8	8	8
<u>Membership</u>	93	107	112
<u>Number Older Youth Groups</u>	-	-	-
<u>Membership</u>	-	-	-
<u>Number of other families reached</u>	248	59	1045
<u>Total number families reached</u>	749	855	1249

VIII. Functions of County Organization in 1950

1. County Board of Agriculture:

The Board, made up of outstanding citizens of the county, including businessmen, farmers, 6 Home Demonstration Club members and two 4-H Club members, helped to plan and carry out the Extension program in the county.

The project committees met and planned from the long-time goals the things they wanted to be accomplished in 1950. These were written out and the agents included them in the 1950 plan of work.

Two meetings were held during the year, with the Fort Mitchell and Fletchers Chapel Home Demonstration clubs serving the suppers. At the spring meeting members of the Board gave the Home Demonstration and Farm Agents plans for 1950, and in the fall meeting the accomplishments toward

the long-time goals planned by the Board were given. Each time an outside guest speaker gave an interesting talk to the group. The agents believe the Board is an asset to the County Extension program.

2. County Home Demonstration Committees

The Home Demonstration Committee consisting of 14 members, a president from each club, a county chairman, vice-chairman, secretary, and treasurer, spearheaded the Home Demonstration Program in the County

The committee held 4 meetings during the year, taking up business to further the program in the clubs.

Five county goals were set up for the clubs to attain, and they are as follows:

1. Each Home Demonstration Club pay federation dues.
2. Each Home Demonstration Club increase membership 20 percent.
3. Each Home Demonstration Club have representation at each Home Demonstration Leader Training meeting.
4. Each Home Demonstration Club express in practical way some interest in 4-H Club.
5. Each Home Demonstration Club keep in close contact with health center and other club organizations.

Each Home Demonstration Club paid its Federation dues. An average of seven clubs were represented at each Home Demonstration Committee meeting during 1950. The Home Demonstration Committee and Home Demonstration clubs together gave \$700.00 toward a community hospital fund. Nine Home Demonstration clubs made and gave 9 United Nations flags to public buildings. Each club did give a report on the health program in the county at various times. The committee also sponsored a project to get a stove for the

Victoria Community House.

The Home Demonstration Committee gave scholarships to 2 Home Demonstration members for the Institute of Rural Affairs.

The committee also planned the program for the 1951 program, taking into account the past programs, desires and needs of the people.

3. County 4-H Club Council

The Council, with a membership of 41, held two County Council meetings for the purpose of planning for the 8 clubs.

All officers of the Council were elected at the first meeting and a "Plan of work" sheet was set up for the president to use in conducting the meetings. The year's work month by month was set up on the sheet.

The council also helped to sponsor the 4-H Club Achievement program by decorating the front of the community house, and helping club members with their exhibits when needed.

4. 4-H Honor Club

The members of this organization are outstanding club members who have completed 3 years of club work. There are 11 girls in the Honor Club at the present time. The club held 3 meetings during the year.

The Honor Club members helped to collect record books, and helped with demonstrations in club meetings. One of the meetings was held in the form of a recreational meeting and the two girls and leaders were in charge.

5. 4-H All Stars

There were no 4-H girls recommended for the All Star organization, for the agent did not believe there were any who deserved the recognition.

6. Others

A. U.S.D.A. Council

There are 9 members of this council, consisting of Agriculture and Home Demonstration workers. Regular meetings were held monthly. Each member informed the other members of their progress and work. This organization worked together in county-wide projects.

- B. The Home Economics teacher and Home Demonstration Agent worked together in programs of interest to county people. In so doing they correlated rather than duplicated.

IX. Summary of Activities of Volunteer Leaders

A. Adult

1. Subject Matter Leaders

Outstanding leadership was displayed by the subject matter leaders. Leaders gave demonstrations after they were trained on Home Management, Food, Clothing, and Handicraft.

Training was given to these leaders by Extension specialists and agent on the subject demonstrations in the 1950 program. The subject matter leaders have furthered this leadership ability by carrying this information to non-members. These leaders have given radio talks, collected records and planned exhibits. It was reported that leaders in two clubs gave excellent demonstrations during 1950. They have improved to the point that if trained and given materials to study they enjoy giving the demonstration.

2. Program Development

The presidents have improved during the year in leadership,

parliamentary procedure, and in planning. The finance committees boosted the funds of their club treasury.

One leader training meeting for club officers was held with parliamentary procedure studied, carrying on a club meeting and other rules were studied. Miss Helen Ricks conducted this ^{training} meeting. The Home Agent gave out sheets of instructions and duties of each officer to the club officers. Individual help was given when needed.

The program development leaders were also trained by Miss Helen Ricks. She explained their duties, and gave them a better idea of how they could find out from the members what should be included in the 1950 program. They held very good discussions in the monthly club programs and aided the presidents in making a program for 1951.

B. 4-H Leaders

1. Junior Leaders -

These leaders, outstanding older 4-H members, assisted the Home Agent with demonstrations, also collected record sheets. They were helpful to the club members and agent.

2. Organizational 4-H Leaders

The presidents have done an outstanding job in conducting their monthly meetings. Through the year, the order of club meetings, as well as an interest in the work has improved. The secretaries kept better records as time passed. These leaders have gained confidence and much enthusiasm through their jobs. Some reporters have done good work in cooperating with the secretaries and ^{ing} report~~ing~~ the club meetings to the newspaper.

3. Project Adult Leaders

These leaders have given demonstrations when the agents could not

attend. They have furthered their interest and ability by working with club members. The project leaders have been instrumental in getting members to complete records and hand them in. The leaders have collected a good many.

<u>Growth of Home Demonstration Club Project Leadership</u>	1948	1949	1950
No. Project leaders and goal chairmen	47	115	124
No. Training meetings held by Specialists	5	8	6
By Agent	8	7	5
Attendance at all training meetings	180	100	106
No. Club meetings held by leaders without agent present	10	21	35
No. Club meetings at which leaders assisted	99	86	103
<u>Growth of 4-H Club Project Leadership</u>	1948	1949	1950
No. adult project leaders	4	13	14
No. junior project leaders	6	14	26
No. training meetings held By Specialist		2	2
By Agent	9	6	11
Attendance a leader training meetings	263	18	11
No. 4-H leaders trained individually		6	5
No. club meetings held by leaders with out agent present	10	13	9
No. club meetings at which leaders assisted	37	45	63
No. demonstrations given By leaders:			
Adult	12	18	27
Junior		32	21

X. Work with Other Agencies -

1. The R.E.A.

The agent participated with the home economist from the R.E.A. company by turning in names of homemakers who wanted help in the home with electrical appliances with which the agent could not help.

2. The Farm Bureau

The agent attended two meetings held by the Farm Bureau. The Home Demonstration Achievement Day program was worked in connection with the group and all members were invited.

3. The Health Unit

The March of Dimes, Cancer drive and T.B. Clinic, Red Cross and others.

The club members participated in these programs through committees.

They also discussed these at club meetings and helped whenever possible.

The agent distributed sheets on the Free mass X-Ray clinic conducted in the county. Through the clubs, the people tried to help to get every individual X-Rayed.

XI. Significance of Year's Work:

The 1950 Extension program, both Home Demonstration and 4-H, has given the rural people of Lunenburg County the time for learning new and improved practices. The program as a whole has helped the people to an extent of greater appreciation for the better qualities of living and enjoying everyday life.

The development of the individual and county as a unit has strengthened life in the communities. The improvement of the family life is foremost in the minds of the people.

The women certainly displayed cooperation and much interest in every project undertaken.

The progress has given individuals an opportunity for self expression and development of skills and talents which is a great contribution in improving better living and people.

The 1950 Extension program satisfied the desire for participating in club, community, county and State issues.