

NARRATIVE REPORT OF EXTENSION WORK

IN

HIGHLAND COUNTY, VIRGINIA

BY

VIRGINIA E. RUBUSH

HOME DEMONSTRATION AGENT

1947

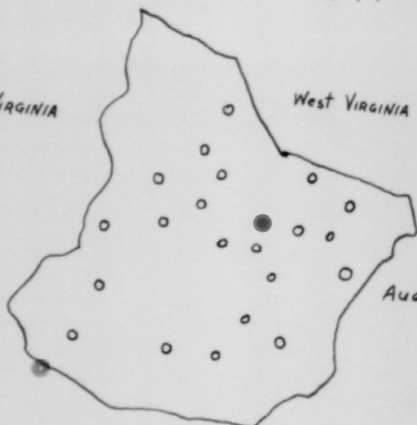
TABLE OF CONTENTS

	Page
III. Scope of work -----	1
Map showing Home Demonstration Clubs -----	2
Map showing 4-H Clubs -----	3
IV. Adult Work	
A. Home Demonstration Club Program	
1. Project Work -----	4
a. Determining the program -----	4
b. Subject matter fields -----	4
c. Projects carried and methods used -----	5
2. Federation Goal -----	12
3. Other Activities -----	13
4. Leadership - training and use -----	18
B. Other Means of Reaching People -----	19
V. Work With Youth	
A. 4-H Clubs	
1. Organization	
Meetings held - program accomplishments -----	22
2. Project Work	
a. Program determined -----	22
b. Subject matter fields -----	22
c. Projects, methods, results -----	24
3. Other Activities -----	28
4. Leadership -----	30
VI. Work with Other Agencies -----	31
VII. Evaluation of Home Demonstration Program -----	32

HIGHLAND COUNTY H D CLUBS
1947

West VIRGINIA

West VIRGINIA

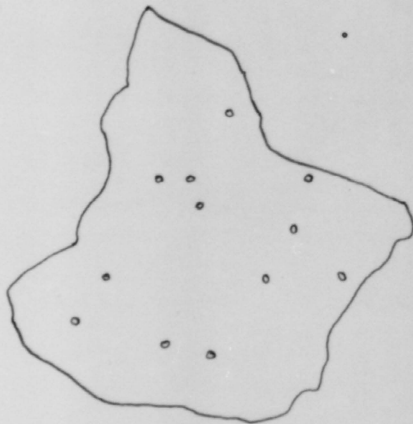


Augusta County

Bath County

19 COMMUNITIES SERVED

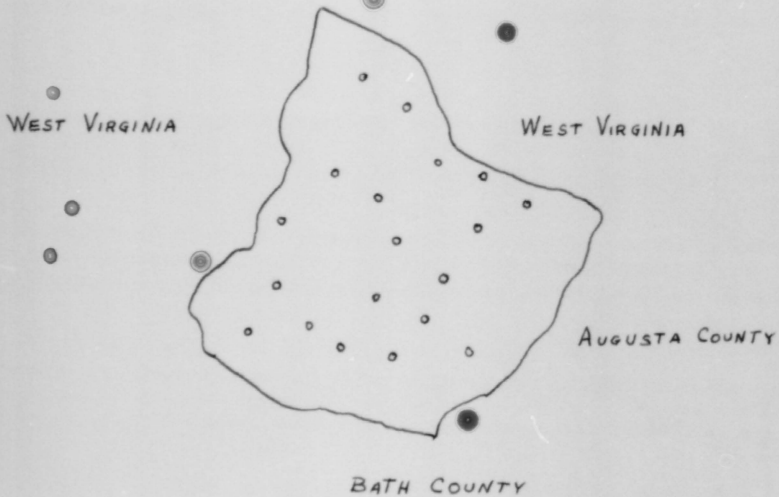
1941



11 COMMUNITIES SERVED

HIGHLAND COUNTY COMMUNITIES SERVED BY 4H CLUBS

IN 1947



III. Scope of Work

- A. Home Demonstration Clubs (include "groups" you have met three times or more.) Number 19 Membership 292
- B. 4-H Clubs: Number 16 Membership 259
- C. Older Youth Groups: Number 1 Membership 24
- D. Number reached through other groups by agent 68
- E. Number families reached through neighborhood and community leaders 210
- F. Other methods used to reach families (publicity, radio, office calls, visits) _____ Number families reached 421
- G. Estimate total number families reached 680. Number farm families in county 367.

IV. Adult Work

A. Home Demonstration Club Program

1. Project Work

a. How was program determined? In May of 1946 the Highland County Home Demonstration Committee composed of club president and goal chairman met in semi-annual session to check on progress in Extension work. The work of determining the 1947 program began at this meeting. Each member was asked to discuss community needs with her neighbors, ministers, teachers and other community leaders. Leaders resolved to keep an open eye and mind as they visited other homes in their community and to try to get an overall picture of community conditions.

At the July club meetings each member was consulted on ways in which the club could best serve the community. Club discussions were led by the club president and the home agent. During August and September the home agent met the presidents of each club to sum up the club's findings preparatory to the Annual County Home Demonstration Committee's Planning meeting.

An executive meeting preceded the fall program planning meeting where the needs presented by the club presidents were considered and those which seemed advisable recommended. The presidents of the individual clubs, together with the executive committee, the Home Demonstration Agent and the District Home Demonstration Agent met in all day session October 2, 1946 to hear club reports and to formulate the 1947 program.

The delegate to the Institute of Rural Affairs reported knowledge gleaned there which would be expected to affect the county program. The Home Agent reported county conditions and the District Agent gave an overall picture of state and national conditions which must be considered in setting up any county Home Demonstration program.

Needs of the communities as reported by the presidents were listed. A program which seemed best suited to answer these needs was built. This program was officially adopted by the committee and recommended as the Home Demonstration program.

b. Subject matter fields in which work was carried. Why? Rugmaking was the project selected for December. This project was selected because the deep snows and frequent impassable roads keep many Highland house wives at home during the long winter evenings.

Rugmaking was selected also because many "before-the-war" rugs had become worn and high prices of commercially made rugs were out of reach for the farm woman's pocket book.

A third reason for selecting this project was because the women take a real delight in useful handwork and it serves as a recreation as well as an economy.

Clothing styles for different types was chosen by the clubs for March. This project answered the need of Rural women in selecting clothing and patterns suitable to their figures, coloring and costume needs.

Better Laundry equipment was the project chosen for the month of April. Even though washing machines were becoming slowly available there was much to be desired in the average farm hose laundry.

A growing need of information on "Insurance for the Farm Family" and the lapse and evident misunderstanding of G. I. policies decided the committee to devote the month of May to Insurance information.

More time for rest and recreation is a universal and often voiced cry of the house wife. To answer this and nutritional needs also, "Time saving menus for adequate meals" was the June Club project.

Summer time in Highland brings much extra work. The haying season means many meals for hayhands. There is garden to be cared for and its products preserved. There are wild berries to be gathered and made into jelly or jam. Then there are visitors who love to come to the quiet coolness of Highland when the heat grows oppressive elsewhere. To entertain these visitors and still carry on the necessary work of the home the July demonstrations gave "Food Ideas for Single Entertaining".

Recreation for the home and for the community has long been a need of the people of Highland County. August was devoted to Community Recreation.

The need of getting the family's wardrobes ready for winter and the children clothed for school prompted the choosing of remodeling coats and suits in September.

October was a club choice month. Six clubs chose to meet in all-day sessions to re-bottom stools. Ten clubs chose handcraft with an eye toward handmade Christmas presents.

November also was club choice. Every club chose table setting and table decoration for Thanksgiving and Christmas.

c. Rugmaking: The objectives in carrying the project of making rugs into the Home Demonstration Clubs of Highland were: first, to interest the family in improving their house furnishings; second, to develop creative talent in combining colors and working out designs; third, to perfect skill in handcraft; fourth, rugmaking was also designed as a conservation measure to conserve materials otherwise not used, to save the family budget and decrease consumer demand for high priced and hard-to-get articles. Finally, women would find recreation in the pleasure of accomplishment and in the day-long get-together of neighbors and friends.

To get ready for the rugmaking project, three leaders and the agent attended a workshop in Harrisonburg conducted by the state house furnishing specialist. There, the leaders actually started their rugs with material brought from home.

Profiting by past experience, instruction was given at the December club meetings for making rugs. Orders were made for materials and necessary equipment. The Home Agent and the leaders who had attended the work shop gave each club member a chance to see several different kinds of rugs in the making. Those who decided to use homemade materials were given instructions by the leaders for cutting, sewing and dyeing the rugs to be used in making the rugs. Each woman made a pattern for her rug using one-fourth inch scale to indicate size. Colors were indicated by crayons.

Past experience in handcraft had showed the one demonstration was not enough. Consequently, these half-day demonstrations were followed by all-day club meetings where members brought their materials and actually worked on their rugs under the supervision of the leaders and home agent.

The home agent had the help of the workshop trained leaders in thirteen out of fifteen clubs.

Fourteen method demonstrations with an attendance of 138 members were held on rugmaking in December. Heavy snow and impassable roads caused the postponement of two December meetings, and fourteen all day work meetings were held in January. A typical meeting of this sort is reported in the attached clipping.

Icy highways, deep snow drifts and a devastating fire which destroyed all home demonstration office records and equipment caused several postponements of scheduled club meetings in March. As the month ended however, the records show that each club had managed to hold its regular session in addition to attending an all day extension school in Monterey.

The objective in selecting "Clothing to Suit the Individual" as a demonstration for March, was both economical and esthetic. The object was to educate farm women in spending clothing budget money for clothes suitable in style and color to their figures and coloring. To educate the individual woman to select clothing suitable to the occasion on which she would wear her frock was thought a necessary objective. Restraint in buying goods of poor quality and inferior workmanship was to be urged too.

It was hoped that this demonstration would encourage members to buy and to make comfortable good-looking clothes for everyday wear and to keep their closets free of a number of dresses which would be worn only once or twice a season. To prepare for this demonstration, the state clothing specialist worked with the home agent one half day in showing designs and making models to be used at the monthly demonstrations.

Style sheets and charts illustrating lines giving length to the short figure and lines giving width to the tall figure were constructed.

Three dresses of different colors designed to fit the thin, the average and the heavier than average figure were modeled by club members. Two clubs held all day meetings on this project and one club met together three times during the month to teach young mothers plain sewing.

A "write-up" for the county paper of a clothing project follows:
"New Salem and Clover Creek Clubs joined for their March meeting at the home of Mrs. Jerry Helms last Thursday. This spring sewing meeting is an annual affair of these two clubs. Members gathered early and the kitchen was a busy place with "Mrs. Jerry" bringing out pie and other good things to add to the visitor's dishes, and Mrs. Lou Hamilton preparing dumplings by her own recipe and united request. Jimmie Helms and Darrell Wicklin were indispensable in their "aid and supervision" of such activities.

All was not visiting and dining, however. A regular business meeting was held with Mrs. Helms presiding. Garden hints were passed around and the demonstration on spring styles and wise buying was given by the Home Agent. Mrs. Charles Samples and Mrs. Lewis Shumate obliged by acting as dress models to illustrate line, fitting and color. Mrs. Helen Wright brought material which proved to be beautifully dyed feed sacks. The clothing leaders helped Mrs. Wright to place a pattern and cut a dress from this material."

Results as compiled from county reports show 771 garments made and 338 garments remodeled.

That rural women are better and more comfortably dressed is an evident fact. How much of this is due to increased income and how much to clothing education, this report does not show.

Twenty-five per cent of the farm people in Highland County have water in their homes. The demonstration on "better laundry equipment" was designed to get the farm family interested in raising the living standard of the home by making work easier for the homemaker.

Since only a limited number of people could get washing machines, it was hoped that small laundry equipment such as a wider ironing board, a better and more conveniently placed clothesline and an efficient system of working would lessen the burden of laundry work for the average homemaker.

This demonstration would also help Home Demonstration members who were 4-H leaders to aid 4-H members in their small laundry project.

To prepare for this demonstration equipment leaders from each club were called together and were given a demonstration on making a bias ironing board cover and in making a 20x60 supplementary ironing board. The home management specialist also showed how to sprinkle, iron and fold a shirt and how to arrange the laundry room to save as many steps and as much lifting and handling of clothes as possible.

One club member, Mrs. Albert Meyers of Doe Hill has banished the blue from "blue Monday" by improving her laundry practices. She says poor laundry management even with all modern equipment will make washing and ironing a heavy task. This club leader, in her demonstration to her fellow club members stressed a good water supply, a strong floor and

simple tools kept together for efficient handling on wash day and parallel clothes lines. This same leader has given her knowledge to neighbors who have been unable to attend a club meeting. She has helped A-H girls with their small laundry equipment project.

A clothespin bag contributed to the demonstration by a Highland Club member was used as part of the laundry equipment exhibit, in the Virginia State Labor Saving Show.

Seven ways of making washday easier were shown in a demonstration given at the home of Mrs. Lizzie Hupman in Laurel Gap. A prize was offered to the member who made or used all of these shortcuts for lightening washday labor before the May meeting. Records show that prizes were awarded to twelve out of sixteen clubs.

Results of this demonstration show that of the 98 women who reported 53 improved their laundry equipment.

Insurance Information

Starting in April, Home Demonstration women began to plan for disseminating insurance information. Such publicity as this squib appeared in the local paper. "What sort of insurance do you think is the most important? For a family man, you will probably say life insurance. Then if you have a home you want it insured against fire. If you or your family never expect to be sick or have an accident, you may not need hospital insurance. Then there is crop insurance and annuities and a lot of other kinds. During the month of May, Highland County Home Demonstration members will study the different kinds of insurance and try to find the best policy for their own particular needs."

The aim of this project was to acquaint every Highlander with the kinds of insurance and the benefits to be derived from the right kind of insurance. It was also planned that people might be made to recognize and to report fraud and unfairness in insurance policies.

To accomplish this, community meetings were held in ten communities of the county, with every one of the 19 clubs and one new group participating.

Departing from the usual custom of holding the meetings only in the three district high schools, the committee arranged for community meetings in one community church where home demonstration work had not before gone on in a store where folks are in the habit of gathering at night.

School and churches recently wired for electricity made these visual aids possible in other communities. In four cases where the building was not wired for electricity a small power plant was borrowed from the power company to furnish the lights and to run the projector. Booklets, "What the Farm Woman Should Know About Insurance" and leaflets on

hospital insurance were distributed.

An attendance of 421 was noted at these meetings. Moving pictures with sound were heard for the first time by folks of the more remote mountain section.

Reports of Home Demonstration women show that of the 28 who reported 32 have done something about insurance for their families.

An excerpt from the county paper follows: "The newly acquired Home Demonstration Clubhouse was crowded last Tuesday evening when Miner and Siron Mill folks gathered for an evening of fun and information.

Films on gardening, wiring and insurance benefits were shown by members of the West Penn Company. A small power plant brought along furnished power for the occasion.

County Agent Jones gave pointers on fighting tomato blight. The home agent led a discussion on insurance information and hospital care.

A nice sum and a great deal of hilarity was realized for the club treasury from an auction sale of white articles. This club will exhibit laundry equipment on Achievement Day."

"Time-saving Menus for Adequate Meals" was planned to combat the alarming lack of an adequate diet in a large per cent of Highland County homes. This lack was found by Home Demonstration-sponsored school clinics where poor teeth, poor posture, under weight and overweight were evident. The program was also planned to save time spent in meal preparation.

The Home Agent fortified with "the seven basic foods" chart and the bulletin "Planning Adequate Meals" by Miss Janet Cameron, State Food Specialist, led discussions on how to get one's family to eat all seven basic foods everyday and still not spend one's entire time in the kitchen. A demonstration on adding much needed iron, vitamin c and milk to the diet was given by the preparation of a menu containing these food essentials.

As an example of how one member responded when asked what she would do if unexpected guests descended upon her just at meal time, the following was written. "Mrs. D. W. Kiser says one of the most helpful demonstrations she has ever seen is the "Emergency shelf meal". Folks love to go to her house and she is always ready for them. A trip to the cellar and there in a box right at the door is a can of meat, two vegetables and a fruit. Thirty minutes and "dinner is served!"

The Agent visited the school cafeterias of the county and gave these bulletins and charts to the workers there.

The number of children eating in the school cafeteria has increased substantially. The goal of proper nutrition for each family is far from solved, however. Work on this project must continue.

Here follows a menu from one of the largest school cafeterias in the county:

- | | |
|-----------------|-------------------------------|
| Meat Loaf | Cabbage salad |
| Boiled potatoes | Choice of peas or green beans |

Whole Wheat Bread

Here is a menu from a school of eleven pupils:

- Sweet Potatoes
- Vegetable soup
- Biscuit made without shortening

This is the only school for colored children in the county. The teacher has had some Home Economic training.

While a large part of the world goes hungry Highland County housewives are surrounded with an abundance of food. It is hard to think of there being a shortage of food somewhere when there are plenty of eggs, butter and maple syrup in one's own cellar. It was to combat an extravagance of food in company menus and to save the housewife's time also, that "Food Ideas for Simple Entertaining" was made the July demonstration. To entertain guests simply and easily, was the main objective of the project.

Twenty-three leaders representing twelve Home Demonstrations Clubs and one A-M Club met together at the home of Mrs. L. B. Ralston in Meadowdale. Mrs. Mary A. Thompson, Assistant Food Specialist of Virginia, demonstrated "Desserts for Simple Entertaining". The Ralston home was ideal for such a meeting. Luncheon was eaten on the lawn under the shade of the big maple trees.

These leaders did a very good job of giving the demonstration in their own clubs in July.

Reports show that out of 98 women reporting 35 women have used the ideas for simple entertaining given them by Mrs. Thompson.

The objectives of reserving a part of the Home Demonstration program for recreation were to get more community life and recreation into the homes of a number of communities where there is little or no recreation. Five clubs chose to have the recreation meeting at their regular club meetings and invite the A-M club members of the neighborhood. The leaders who had attended the outdoor cookery demonstration by the state food specialist had charge of the demonstration.

A typical meeting: "Hiner Home Demonstration Club members gathered under the big shade trees of the Louis Ralston home for an outdoor meeting. Business was in charge of Mrs. Russell Hatcher. Mrs. Oscar Malcom presented a fitting devotional.

In a discussion of community needs, it was reported that eight families are getting electricity.

Mrs. Winfield Hammer gave a most comprehensive report of the Institute of Rural Affairs which she recently attended at Blacksburg. The 4-H girls of the neighborhood were guests at this affair.

Each member promised to bring a suggestion of Community needs to the September meeting. A fine picnic lunch was contributed by all members and served under the trees. Food leaders demonstrated a salad learned at the Food Leaders' meeting in June. Mrs. Claude Malcom and Mrs. Russell Hatcher were appointed to receive and transport food for the Centennial dinner."

Eleven clubs chose to have community outdoor meetings and invite their families. Down on the Bull Pasture, New Salem joined with the Clover Creek home demonstration club to have a corn roast and fried chicken supper. Mrs. Helms and son Jimmy put up the lights under the big oak tree. As the evening's farm work was finished cars and trucks began to rumble toward the Helms' front meadow. Pies, cake, hot rolls and pickles; cabbage salad and potato supplemented the corn on the cob and chicken.

Aubrey Powers and Jimmy Helms led the games. It was a get together to be remembered. These meetings were planned and carried out entirely by the leaders with some game leadership by the Home Agent.

The remodeling clinic on coats and suits had a twofold purpose. The first and more obvious one, was to get the younger members of the family ready for school. The second purpose was to conserve the family budget by using material on hand and thus help keep down inflation. The State Clothing Specialist held a day long clinic. To this clinic, clothing leaders brought garments to be lengthened or brought up to date for themselves or to be made over into suitable attire for a younger member of the family.

Clothing leaders and the Agent worked together in giving the demonstrations in the various clubs. Giving a good pattern and one fitted to one's particular figure was stressed.

In 98 women reporting 61 reported 338 garments remodeled and 77 new garments made.

Handcraft was club choice for October. Footstools were refinished and bottomed. Chairs were rebottomed. Boxes, letter holders and candle holders were assembled and refinished. In doing this, the club woman learned to do a useful conservation job on her chairs and stools and also how to put a durable finish and polish on wood.

The Agent assembled the materials needed. In each club there were one or two leaders who know how to do this work. These leaders were excellent help in teaching fellow members both at the meeting and in neighborhood visits.

Some clubs had an all day meeting on this project and an account of such

a club meeting follows: "If Grandpa has no place to rest his tired feet it won't be the fault of the members of the Mt. View Club. They really went in for bottoming foot stools and chairs at the home of Mrs. Connell Gillespie last Thursday. Of course, time was taken out for lunch and a little work on refinishing boxes, but mostly it was "up and over, pull tight and over again". With the high price of furniture and the inferior quality of much of it on the market, this work should really be worthwhile. The club program for the year was presented by Mrs. Jay Hammer and approved by the group. The November meeting will be at the home of Mrs. George Hevener."

In reporting work for the year 60 women reported bottoming stools and chairs. 12 more reported helping others to learn this skill.

Setting the table and Thanksgiving and Christmas center pieces was the demonstration chosen by all the clubs for November. The objective of this demonstration was to create an interest in attractive table appointments and to teach the use of native gourds, greens and fruits in decorative centerpieces.

A leaders' meeting by the Assistant State Food Specialist with ideas gleaned at the National Home Demonstration Club by the county Home Agent trained 23 leaders from eleven clubs for this meeting. This was a most enthusiastic meeting and should carry well into the future. At a later meeting, the Home Agent trained seven leaders from four clubs, so that all but two of the 17 organized clubs were able to give their own demonstrations in November. This made a record month in leaders' giving the demonstrations.

Doe Hill and Big Valley clubs postponed their November meetings until the Thanksgiving holiday when the older L-H girls could meet with them and share in the demonstrations on table setting and decoration.

2. Federation Goal

Health was the Federation goal of Highland County for the second consecutive year. It was carried because of the awakened interest of county people in the health of their families. This awakening on the part of the leading people came about because of the knowledge that 50% of the county boys were rejected for military service. Public opinion was informed by a cancer drive sponsored by the county home demonstration committee, Virginia Department of Health material and the home agent's column further publicized the need of health measures.

Objectives were to continue drive on better health. School lunch and clinics. Cooperate with health center drive.

County Goal - Publicize county health clinic and get maximum number of families using same.

Club Goal - Help equip the health clinic. Cooperate in having hot lunch available to each pupil. Assist in the pre-school clinics. Sponsor community meetings on health and nutrition. //

Individual Goal - Each member have a physical checkup during the year. Each homemaker serve to her family more milk, tomatoes, raw cabbage and raw carrots.

A health or Federation Goal Chairman in each club cooperated with the county chairman to publicize the newly opened medical consulting clinic and to interpret the duties of the clinic nurse to the people of her own community. Health Chairmen were asked to have some item on health legislation or conditions to present at each meeting and to lead discussions on community health improvement.

A day was set by each club to have a physical checkup for each member at the county clinic.

The pre-school clinic was again sponsored by the county Home Demonstration committee. Ten community meetings were held in which all organized and three unorganized groups participated. Films on nutrition and health were shown and discussed. 421 men, women and children attended and participated in these 10 meetings.

The agent and county chairman visited the school cafeterias and gave charts and recipe cards to the cafeteria managers.

The Home Demonstration Health Chairman publicized the benefits of cancer control and the signs of danger in cancer.

The Health Chairman also took the county "over the top" in the cancer fund drive.

Health Chairmen checked and in two cases replenished community home nursing supply chests made in previous years. All clubs helped to furnish the new consulting clinic. Articles donated were a table, chairs, towels, shelves, paint, magazines, lamp and sheets. Two clubs cleaned the building and painted the laboratory and furniture. Two clubs furnished office personnel for each day the clinic was open.

Finally two clubs went in 100% for a physical checkup./

3. Other Activities

Cheesemaking is another activity of the county Home Demonstration program. In Highland many families have an abundance of milk in the late summer and early fall after the spring calves go to market. The average family will pack their winter supply of butter first. Some few will can milk, but the greater number having surplus milk will make cheese. This cheesemaking is encouraged because it supplements the calcium supply in the winter diet.

Twenty-one names are on this list for the first time this year.

In almost every community there is some Home Demonstration member who is willing and capable of showing a young housewife how to make cheese.

The Home Agent keeps a supply of rennet, coloring and directions for making cheese in the extension office. The rennet is sold to the cheesemaker at cost. Directions are given to new cheesemakers and the Home Agent asks an Home Demonstration member to supervise or goes herself to give a demonstration if no qualified cheesemaker is available.

Leaders have reported giving demonstrations to neighbors in Blue Grass, Mustoe, Pines and Mill Gap communities.

This year 2,321 pounds of cheese have been made between November 15, 1946 and November 15, 1947.

In May of this year, Doreen Ralston, a Home Demonstration member was able to realize a long felt ambition by starting a small gift shop near her home on route 84. This was a needed activity because it would furnish a market for local handcraft. It would give incentive to those folks who want to supplement an income in their home county. It should create an appreciation of native handcraft and stimulate further creation.

The Home Agent has been able to locate some native products for the shop in the way handmade baskets, handknitted gloves and mittens, aprons and hickory nut dolls. Some advice as to salable articles and record keeping have also been relayed from the State Specialist.

Weaving chair and stool bottoms and advice on roadside signs and other small services have aided the proprietress of the "Woodlane Shop".

County Extension School

The District Agent and the County Farm and Home Agent planned a day in March to acquaint county people with new farm and home equipment which was coming on the market and to encourage the installing of adequate water systems and good wiring for electricity. The following publicity announced the meeting both in the county and Staunton papers.

"Plans are going forward for a big day at the Extension School on wiring, farm and household equipment and water tanks at the Monterey High School for Saturday, March 29th.

A welcome to all visitors will be given by Seybert Beverage of the Monterey High School faculty. E. B. Jones will state the purpose of the meeting and introduce E. T. Swink who will have charge of a program on wiring the house, assisted by Mr. Turner of the West Penn Company.

At 12:30 lunch will be sold in the school cafeteria by members of the County Home Demonstration Committee.

In the afternoon men and women will attend separate programs. The men will hear Mr. Swink and T. T. Brady of B.A.R.C. on the Farm Water Supply.

The women will hear a West Penn representative on household equipment and its use. A film on preparing food for freezing will be shown. Door prizes are being donated by local merchants. The program will begin at 10:00 A.M.

An attendance of 75 men and women was noted. An influenza epidemic and snow storm curtailed the crowd somewhat. A number of homes have been wired and hot plumbing installed. Verbal reports show a varied benefit to county residents.

Twenty-two home demonstration women from Highland representing ten Home Demonstration Clubs attended the VIII District Federation meeting in Waynesboro.

The invocation the "World of Tomorrow" was given by Mrs. G. J. Hiner of Highland, Mt. View Club.

Two clubs whose members had never before attended a District meeting were represented. All brought back excellent reports to their clubs.

One delegate attended the Institute of Rural Affairs at Blacksburg. The reports of her days there have made a real contribution to Home Demonstration Club work.

The county Home Demonstration Chairman and the Home Agent are still enjoying in retrospect the Home Demonstration National Council at Jackson's Mill. Notes taken at that time are being used in the weekly column and in talks to Home Demonstration Clubs and other organizations.

To be one of the ten Virginia women attending that National Council was a rare privilege.

County Observance of National Home Demonstration Week

National Home Demonstration week was celebrated by the Home Demonstration clubs of the county. There were four news articles and feature stories in the local papers. Two exhibits were placed in store windows.

Two community meetings were held where a Home Demonstration member talked on the value of Home Demonstration work. Twenty-two women attended the VIII District Federation meeting in Waynesboro.

Sewing machine repair is a carry-over from a specialist demonstration in 1943. Leaders and Home Demonstration members who learned to clean, oil and do a simple repair job on a sewing machine still give aid to their neighbors.

Recently on a visit to the home of Mrs. George Gum in Hightown it was found that a comparatively new machine would not sew. Questioning and consequent investigation proved that the trouble was a new needle too short to pick up the thread. Since there is a growing child and a new baby expected in this two family home, the sewing machine is an important piece of equipment.

72

Tying springs and upholstery is also a carry-over from a previous leaders' meeting. One leader who is not an Home Demonstration member because of family ties, has done an excellent job of helping others repair chair and davenport springs. This leader, Mrs. Gene Whitelaw helped Mrs. Ira Gutshall who in turn has advised others in such work.

Home Demonstration Club Centennial Float and Dinner

The County Home Demonstration committee at their May session decided to dispense with their annual Achievement Day and concentrate on helping to make the Highland County Centennial a success. It was believed that an Achievement Day program coming so soon as it would after the county Centennial would be an anti-climax.

The County Home Demonstration Chairman appointed an invitation committee, a float committee and a food committee. The invitation committee issued written invitations to former Home Demonstration agents and a general invitation to former Home Demonstration members living outside the county.

The float committee built and decorated the float in the accompanying snapshot. The cake was made of glistening white material. The candles were tall green tapers and the two women who rode the float were dressed in white and leaf green. These "hostesses" dispensed green and white cup cakes which were the contribution of Home Demonstration members from the clubs of the county. Each of the seventeen clubs baked three dozen cup cakes.

The work was done entirely by the committee, the Home Agent merely supplying the material from which the design for the float was selected.



The food committee had as its objective, feeding the visitors to the Centennial, the Queen's court and the speakers. Members of each club contributed generously and a menu of fried chicken, country ham, hot rolls, vegetables, salad and dessert was prepared. Kitchen workers were paid and work was arranged so that everyone was able to see the parade and the pageant which followed. A nice sum was realized which helped pay the expenses of the Home Demonstration And A-H floats and added materially to the county committee treasury.

Camp Day for Home Demonstration Women

Leaving Monterey at 8:00 o'clock on the morning of June 11th, thirty-six women from Highland County traveled twenty miles over Cheat Mountain to Pocahontas Camp near Thornwood, West Virginia for a day with Home Demonstration Clubs of the two West Virginia counties, which adjoin Highland.

While Pocahontas and Pendleton counties are divided by the West Virginia state line from Highland, they are geographically closer and there are many ties of family and community life.

The program for the day had been arranged in April by a group of Highland, Pocahontas and Pendleton county leaders and the three Home Demonstration agents. The day started at 9:00 o'clock with a study of "Women of the Bible". A class on "when you buy a washing machine" and "how to iron a shirt" followed.

In the afternoon the Highland County women and their home agent had charge of the handcraft. Following is a short account of the afternoon and evening part of the meeting as written for the county paper. "The sun was setting as the Highland County group presented the evening devotional. Mrs. Guy Russard presided with Mrs. Irma Wiseman and Miss Minnie Rogers taking part. Mrs. Willis Jenkins and Mrs. Bryan Folks led in the closing hymn, "Day is Dying in the West". "Night doings" included movies on "Preparing Frozen Foods" and "A date with West Virginia". A brief history of Highland County Home Demonstration work was given by Miss Minnie Rogers who concluded her remarks with an invitation to Pendleton and Pocahontas Home Demonstration women to attend Highland County's 100th Birthday celebration August 30th.

Guests from Highland bade their friends and neighbors a reluctant goodbye and turned their cars east over the comparatively short but winding road home.

The committee for the camp breathed a sigh of relief. The experiment of an interstate-tri-county camp had been a success. Everybody came home safe and happy to have been camped.

Gratitude of the committee is expressed to Mrs. Glen Hammer, Mrs. W. S. Hammer, Mrs. Bryan Folks, Miss Mary Catherine Smith and Mrs. Russell Hatcher for their exhibit and instruction in rug making. The committee also thanks

Miss Anne Stephenson for her instruction in handcraft and those patient and self-sacrificing chauffeurs, John Ed Jenkins, W. R. Nicklin and Eutis Bussard.

The staff of the camp was composed of:
Esther LaRose, Home Demonstration Agent, Pocahontas
Virginia B. Rubush, Home Demonstration Agent, Highland
Bernice Fox, Home Demonstration Agent, Pendleton
Mary Christie Mann, 4-H Club Agent, Pocahontas
Mrs. Lillie Collins, Cook "

4. Home Demonstration Leadership

Leaders for organization seem best trained through actual doing. At the executive committee meeting which preceded the annual planning meeting an exceptionally good leader, Mrs. Jay Hamner, was selected and given a list of suggestions to presidents called "So you are a President". The agent discussed these suggestions with Mrs. Hamner and asked her, in turn, to give each president at the county home demonstration meeting a copy and discuss these suggestions with the leaders. This was done while the program committee worked with the agent and district agent in shaping a program from the reports submitted during the annual planning meeting.

A president who had attended such a meeting for the first time remarked that she "had only just found out what Home Demonstration work was all about".

The presidents are responsible for the time, place and business of their club meetings. They are responsible for seeing that the leaders get to the leaders' meetings, and that these same leaders give the demonstration they are supposed to give.

They appoint the leaders and attend the county Home Demonstration meetings twice a year. Specialists or agent-trained project leaders are expected to inform their fellow club members through demonstrations of information gained by them at leader training meetings.

Project leaders have given 92 demonstrations in 1947 and have given information on health, garden and poultry in 310 club meetings.

Federation goal leaders have been selected because of their interest in community health. These leaders have been asked to find and present some item on Home Nursing or current health legislation at each meeting. The home agent has furnished some of these items several times during the year. The Federation Goal Chairman in each club helped arrange community health meetings for her community during health month. She aided with the Cancer Drive and got club members interested in contributing toward the health center.

HOME DEMONSTRATION NEWS
VIRGINIA B. RUBUSH

Home Demonstration Agent

Hello there Neighbor: Isn't it funny what some folks count as important events? The artist thinks a beautiful sunset important. A poultry raiser counts her pullets. Then there was the little boy who was impressed by the grand canyon because he could lean over the side of it and spit a mile!

Coming across a side road this week we startled a wild mother turkey and her half grown brood. That was a red letter day for me. Last summer it was a mama pheasant stepping along with her young that marked the day. Once before it was a piccoliated woodpecker or to use the Indian's term the "Good God bird". One of these days maybe I'll see a bear ambling along, at a safe distance, I hope.

From what I hear, float committees are getting busy for August 30.

Did you ever go out and buy a package of fancy "stuff" all done up in pretty paper only to find that its virtue was mostly in its shiny wrapper? The base of so called "chemicals" is often found on the kitchen shelf in the form of salt or soda. Baking soda for instance, can be a big help for many cleaning jobs around the kitchen. It may be used as a gentle scourer for stains on china, pottery, glass or cooking utensils of enamelware or glass that would be scratched by rougher scouring materials. For example, tea or coffee stains on china cups may be removed by rubbing with a damp cloth dipped in soda.

Soda also helps soften food that has scorched on enamelware or glass. Fill the scorched utensil with water, add a teaspoon of soda, and let it soak an hour or two. Then heat the water gradually, loosening the burned food with a wooden spoon.

Washing in soda and water has long been known to housewives as a good way to "keep things sweet". It is recommended for washing the refrigerator, or rinsing out vacuum bottles.

Finally, soda can be used to brighten silver. For the fast electrolytic cleaning method, an aluminum kettle is filled with water containing salt and soda—one tsp. of each to a quart of water. The water is brought to a boil, the silver laid in and the boiling continued for 2 or 3 minutes. Then the silver is removed and washed.

Many housewives keep an aluminum cup of hot water containing soda beside the dishpan when doing breakfast dishes. Into this cup go spoons or forks discolored by breakfast eggs. By the time the dishes are done, the silver is bright again.

Here are some tips to save unnecessary drudgery on washing days. After cotton garments have been starched, don't hang them where they'll be exposed to a very strong wind, for the wind may drive the starch out of the fabric.

Always hang slacks or trousers by the legs after washing. The wet weight of the garment takes out most of the wrinkles, then it will need little pressing.

Mud spots can be removed easily if you let the spots dry, then rub them with a thimble and brush off the dirt.

And be sure your clothes pins are clean, or they will soil the clothes. Scrub the pins in hot soapy water occasionally.

This recipe I saw in the making at Mrs. L. B. Ralston's. Its called "Poor Man's Pudding".

Burn 1 Tbsp. sugar

Add it to a mixture of 2 tbsp. flour, ½ tsp. salt and 1 cup sugar.

Add, slowly stirring, 1 qt. boiling water or milk and 2 beaten eggs and cook until thick. A meringue may be made of the egg whites and browned in the oven. Serve cold.

Burnt sugar sauce for one egg cake is good too.

Burn 2 tbsp. sugar. Add 2 tbsp. butter. Stir and add 1 cup sugar mixed with 2 tbsp. flour and ¼ tsp. salt. Pour 1 qt. boiling water over mixture and stir until it thickens. Serve hot over warm cake.

Demonstration Club
The Pines Home Demonstration Club met with Mrs. J. M. Eagle last week. Mrs. Jay Hammer gave a most interesting demonstration "Good food for simple entertaining". The folks said they were surprised how good berries could be when made into an ice "a la" Mrs. Hammer". Other desserts and salads were equally as good. Business was dispensed with in favor of "visiting" from all accounts heard.

27
72

B. Other Means of Reaching People

Weekly column in county paper. A column in the weekly paper on timely subjects written by the Home Agent was seen to be needful. There is no county telephone system. A relatively few people take other periodicals than the county paper. Winter time often brings roads impassable to all save the mail truck. The county paper is read. It goes into homes every week where the agent can hope to go only once or twice a year.

The content of the column strives to attract attention by some homely or humorous county happening. This may be followed by the account of a visit to a garden or poultry flock or a kitchen where a result demonstration is being carried on. Food and Home notes issued by U.S.D.A. furnish such timely items as "Care of shoes in Wet Weather" or the "Value of Skim Milk".

A recipe or household hint by some Highland housewife is often included in the column. Notices of meetings and writeups of home demonstration and 4-H meetings bring out the contributions of garden, poultry and health leaders. A naive account of a 4-H meeting is included verbatim on occasion.

That the column is read and the recipes tried, has been testified by comments to the editor and to the home agent. A letter from a former Highlander now living in Buckeye, Arizona came recently asking that a certain recipe be duplicated and sent to the writer's mother in Los Angeles, California.

County people seemingly have gotten the habit of looking to the column for information about extension practises and homely excerpts which mention a neighbor's well-built and well-filled cellar in Hightown or the good apple butter recipe from Seldon Seen.

It has acquainted the people with the home agent and made access to homes easier. It seems to have fostered a friendlier spirit toward extension work than before noticed.

Radio in the adjoining county is used only to announce community or county wide events.

One of the county objectives of home demonstration members was to reach more county people through club members.

Mrs. J. J. Swecker of Blue Grass worked tirelessly with neighbors until several were interested in joining, not the Blue Grass Club, but in forming a club of their own.

The home agent took a former resident of the neighborhood and made visits to homes in the vicinity.

In May and again in June, the club asked for demonstrations. An interested woman of the community was invited to an home demonstration food leaders' meeting.

This leader and Mrs. Swecker gave the group the demonstration in July in the absence of the home agent. It was at this meeting that the club was organized and called the Union Chapel Club with Mrs. Elmer Ruckman as president.

Community and Neighborhood Leaders

Community leaders in Mustoe, Palo Alto and New Church have arranged community meetings for spreading information on health, better nutrition and higher standards of living for farm people.

These same leaders have shown their appreciation by cooperating with the farm and home agents in arranging suitable meeting places and have taken a part in the planned program. In Mustoe the leaders are, Mrs. R. G. Corbett and Mrs. Wayne Neal. In New Church, Mrs. Jason Newman and Mrs. Lurtie Arbogast. In Palo Alto, Mrs. Sandy Hocke and Mrs. Ambrose Raxrode. A total of 275 people have attended these community leader-sponsored meetings.

Other methods of reaching people is through club members who visit neighbors and friends and take extension information with them. Some of these visits are reported back to the home agent. Oftener it is by accident that such round about contacts are revealed.

A call at the office for rennet for cheesemaking often reveals that "my sister, my neighbor or a friend over in Lynne Rock showed me how to make cheese after being at an home demonstration meeting". Such was the case of Mrs. Don Varner who reported sixteen pounds cheese made this year.

Planned visits are made to some new and out-of-the-way homes during the year where the community is too sparsely settled to warrant a home demonstration club. These visits are usually selected because home demonstration leader has told a need or desire on the part of the family in question.

Improving the farm garden to supplement the world's food supply was a part of the month by month home demonstration program and also a community program.

Stress was laid on a greater variety of vegetables to enable the housewife to serve a better balanced meal for improved nutrition.

In January, Garden leaders were called together and given material for the first six months of the year. The Garden specialist from the Virginia Extension Service explained the material and answered questions on current problems.

72

② This material was presented by the leader at each club meeting during the following six months. Shallow cultivation, a garden fitted to the size of the family and careful buying of seed were urged. In May, garden leaders were again met by the specialist and given material for the next six months. At this time insect control and plans for the fall garden were stressed.

③ Community meetings held in all parts of the county, moving pictures were shown on improved gardening methods and pest control.

The gardens of the leaders were visited at club meetings and notes compared on early and late planting. Seed varieties best suited for freezing were published in the agent's column early in the year.

④ A contest on who could have the best and earliest tomato plants were held in Miner club under the direction of Mrs. Oscar Malcom. This created much interest and gave opportunity for instruction.

The garden leaders' reports to their clubs were featured in the home agent's weekly column. In this way the knowledge of the garden specialist was fitted to the time and season of this county where the growing season is shorter than in other parts of the state.

The most telling result of these garden leaders' work was the fact that tomato blight and the corn worm were much less evident in 1947 than 1946.

Mrs. Russell Hatcher of Seldon Seen neighborhood and Mrs. Jay Hammer of Mt. View Club both used their gardens as examples of the value of spraying and dusting for tomato blight.

Poultry

Another activity of the Highland Home Demonstration club's and community leaders was to try to raise the standards of the farm poultry flock in order to increase farm income and to satisfy the growing appetite of the American public.

① The poultry specialist from the Virginia Extension service met poultry leaders in January and urged a program of securing good stock, early enough in the year to produce eggs for the September and October markets. Pointers were given on care of baby chicks and feeding.

② Poultry leaders presented this material at every other club meeting and encouraged discussion of problems. In May a similar meeting was held stressing housing and pest control and giving leaders material for the remaining six month of the year.

③ The leader's discussions and information were published in the county paper.

④ Additional families were reached by contacts made at the county health center on clinic day. Where it was thought wise bulletins on health and nutrition were distributed.

The home agent also made it convenient to be present at county home demonstration sponsored pre-school clinic. As this clinic is usually in the midst of the canning season it offers an opportunity to make contacts and give information on food preservation as well as to distribute bulletins on child care and nutrition.

V. Work with Youth

1. Organization.

A county 4-H advisory committee is composed of the Farm and Home Agent, the more experienced 4-H leaders and two older youth from each of the county's three districts.

Meetings are held twice each year or oftener if there is need, to plan the 4-H club one-day camps and the 4-H Club Achievement Day. In 1947, six meetings were held because of the need for planning the part the 4-H played in the Highland County Centennial.

At the first meeting of the year the one-day camp programs for each district were outlined and transportation, food, recreation and handicraft committees appointed.

The three district one-day camps which were planned by this committee were marred only by summer showers at two of the camps. While the camps were alike in aims and objectives, camp ground facilities and established customs varied to some degree.

An account of Camp Day at Blue Grass, where it did not rain, follows: "The weather was in a fine humor for Blue Grass 4-H Camp Day. Not too cool, not too warm, and plenty of blue sky, was the ticket above Torney's sugar orchard. Tribe chiefs were chosen with Grace Mullenax and William Nelson for the Redskins and Joe Waybright and Martha Marshall for the Blackfeet. Each tribe had 20 members and the number was added to as the day progressed and young hay hands could leave their work in the hayfields to attend Camp Day.

Each person present made a 4-H arm band to be used in the Centennial Day parade. Lunch eaten at noon fortified the tribesman for the afternoon's strenuous activities. A treasure hunt for such interesting material as a live bumble bee, leaves correctly named, wild flowers properly labeled, and blue bird feathers, showed a point up for the Redskin tribe.

A demonstration on sponge cup cakes was given by the home agent, assisted by Mrs. Torney and Rena Sue Hevener. A demonstration on rope halter making was given to the boys by Mr. Jones.

Home Demonstration club members from Hightown, Union Chapel and Blue Grass Home Demonstrations Clubs joined the group for a "cooked out" supper.

The vesper service under the leadership of Betty Ann Swecker was very impressive. Jean Hevener read the Scripture and Dorothy Puffenbarger read a poem.

Stunts which featured among other things, the right and wrong way to give first aid, to call upon the neighbors and to sing a rousing song were counted a close draw by the judges. William Swecker acted as Big Chief.

The 4-H candle light service around the Camp fire was conducted by Mary Beasdale, Shirlee and Sue Hevener, Mary Barkley and Grace Mullenax."

Subsequent meetings of this committee had to do with planning the 4-H float and 4-H parade, for the Highland County Centennial.

The committee agreed that since the Centennial celebration was scheduled to come so close to the usual time for the 4-H Achievement Day, it was better to concentrate on this celebration rather than to have a county-wide Achievement Day.

This committee planned and executed the plan for the 4-H float and parade. Graham Wicklin, 4-H All Star member was the chairman of this committee. William Swecker and Mabel Hiner Terry, county All Stars were also members who aided materially in the success of the committee's work.

The 4-H float planned by them and executed by them with 4-H member help, attracted wide attention and interest.

The accompanying snapshot gives an idea of the accomplishment.



In each 4-H Club, officers and junior leaders are elected by the members and serve for a one year's term. In Junior clubs the nominating committee is guided by the 4-H leader, who knows her group, rather than by the home area.

The organization of officers are given charge of conducting the program for the meeting and the current business.

The home agent meets the group once and in some cases twice a month and the leader helps with project work in the intervals between project meetings. In McDowell the children go to the home of Mrs. Jenkins, often on Saturday afternoon to get help or advice on finishing an ironing board cover or laundry bag. In the agent's absence the leader gives the project work instruction.

In the Doe Hill 4-H Club Mr. and Mrs. John Moyers are club leaders. Mrs. Albert Moyers, a more experienced housekeeper assists in the club project work.

2. Project work

a. Discussion of former activities and home duties with 4-H Club members in August and September of 1946 revealed the club members' interest. 4-H leaders and parents discussed evident needs of the girls of their particular neighborhood.

How these needs could be met in a practical way by project work and 4-H meetings was finally decided by the home agent and leaders.

b. Project work was carried in small laundry equipment because it was found that many girls assisted with the family laundry. Also it was felt that since home demonstration women were interested enough to include laundry equipment in their program, some knowledge and enthusiasm would carry over into the 4-H program. Also the project was one which could be held in a school room where necessary.

In Mrs. Newman's junior group at Blue Grass the boys became so interested that they wanted to be included in the project work. The boys did some very creditable work in making ironing pads, sleeve boards and laundry shelves.

Clothing was selected for two groups because some little girls realize that their clothes are not just right but they don't know what to do about it. In other families girls are interested in clothing because an aunt or neighbor sews well.

Garden was selected as a project because practically every child in Highland does a sizeable amount of work in the family garden.

Poultry raising is increasing in Highland and boys and girls find it a means of making ready cash. Youth's ambitions seem to follow those of the adult.

Food preparation was selected because boys and girls in the Hot Lunch Clubs and the junior clubs especially, are interested in learning to prepare food. It is also a good method, the leaders thought, for teaching nutrition.

Breadmaking was selected for the same reason and also because while there are numbers of good breadmakers in the county, there are many folks who do lack the art of making good bread.

c. Small Laundry Equipment

The objectives in selecting small laundry equipment for the girls of Blue Grass, McDowell and Doe Hill Clubs was to lighten the burden of doing a heavy task, to get the girls interested in helping with the laundry work and to help them get ready to do a good job in laundry work.

Demonstrations were given to leaders in all of these communities. The first demonstration was given in Blue Grass by Miss Mary Moorman, Home Demonstration Agent at large. The Home Agent gave the other demonstrations to women, who through the winter gave help to the girls in her neighborhood.

In Mrs. Newman's group in Blue Grass, 27 girls out of 28 in their first or second year of club work finished their clothespin aprons by the December meeting. They also made presser's mit, bias ironing board covers and clothes basket lining and padded a sleeve for ironing board. This project showed tangible results. More individual demonstrations were given in it than in any other this agent has conducted. Many girls made one of these articles as a Christmas present for their mothers. A visit to the home of the telephone operator found her doing her ironing between intervals of "tending the switchboard". The ironing board was covered with an old sheet which was being pulled constantly awry by the heavy iron.

The bias ironing board cover made by the 4-H girls solved this problem and made a much more satisfactory and economical cover.

Each girl was asked to practise making the ironing board cover at home and then gave a demonstration making it at her own club. The best demonstrator was chosen. District and county contests were then held and the winner was entered in the area contests.

Two girls tried for the county honor. Betty Blagg of Doe Hill was chosen to give the demonstration at the area contest held in Staunton because her records and project work was more complete. She was given a blue award in this Area Contest.

Breadmaking

Objectives in breadmaking were:

1. To teach the girls to make good bread
2. To teach the girls to be able to distinguish a good product from a poor one.
3. To teach the importance of whole wheat and enriched flour.

Five junior project leaders and their adult leaders and the home agent had attended a leaders' meeting given by the state Food Specialist in 1946.

34
72

This information was carried back to the clubs through these leaders and the agent.

Women who were known to be good breadmakers were selected and given Virginia Extension bulletin on Breadmaking.

The 4-H Club members were encouraged to go to watch and help with the breadmaking at the leader's home at her convenience.

Each girl taking the project gave a demonstration to her club on making some kind of bread.

One girl gave a demonstration on making muffins at camp to the girls and leaders of Stonefall district.

Virginia Hansel was a member who was interested in breadmaking. Since her mother teaches school five days a week, Virginia and her two brothers must help with the work of the home. Using the recipe in the breadmaking bulletin by Janet Cameron and the methods she had learned in her 4-H Club work, Virginia was able to relieve her mother of the responsibility of making bread.

Mrs. Hansel's comment was "Virginia's bread was so much better than the product I had been making, that she took over the breadmaking at home by popular demand from our family".

Food Preservation

Food Preservation was a summer project. Since most Highland County homes produce 95% of their own food, barring staple groceries, food preservation is an important activity in practically every home.

Almost every teen age girl does some work in Food preservation.

56 girls were entered in this project.

Each girl and leader was given circular 389 - Plan and Record for 4-H Food Preservation. The leader was also given this circular and a sheet on suggestions to leaders.

A demonstration was given by the leader on the agent in two groups.

The girls then gave a demonstration at their club meetings. Veturia Malcom was selected from the county to give this demonstration at the area contest in Staunton.

She gave a demonstration on cold pack tomatoes. This girl had done two thirds of the canning for her home. Most of this was done while her mother was away from home.

She has gathered, preserved and sold one dozen cans of huckleberries to the state 4-H Club agent. The product proved satisfactory to the buyer.

Clothing

Objectives in carrying the A-N clothing projects were to aid girls to look well dressed in the clothes they have; to learn to choose the right clothes when buying; to learn to buy the right pattern and use it; to judge quality in fabric and workmanship and to develop the art of cutting, fitting and sewing.

The members were given the instruction sheet A-N clothing project Unit II on "Make and Remake" by Iva Byrd Johnson, clothing specialist. The agent or club leaders went over the project requirements with each girl and helped her to assemble her note book.

Demonstrations were given on: November, "How to buy a pattern for yourself", "how to measure yourself". December, "cutting a blouse from your own pattern". January, "putting a collar or facing on a blouse". February, "Simple stitches for trimming a blouse". March, "finishing the garment".

In April an exhibit of completed articles was held. Hope Gutchall was chosen to exhibit her dress at the area contest in Staunton. The reaction of this girl was interesting. She had remarked that she was "tired of clothing" and would like something different. Seeing girls from other sections of Virginia and seeing the outfits they had made for themselves, renewed Hope's interest and ambition. She gave an excellent report of the Area Contests to the girls of her own club.

Food Preparation

Eighty-one members enrolled for Food Preparation in seven clubs. Five of these were Hot Lunch clubs held in schools with the teacher as leader. The demonstrations were necessarily limited by the school equipment.

Demonstrations in this project were:

November: Ten minute cabbage

December: White Sauce - Creamed potatoes

January: Eggs, hard cooked with white sauce

February: Custard

March: Cookies

April: Exhibit

May: Nutrition talk to pupils and parents

Garden

The garden project was also carried in the school lunch program.

Boys and girls discussed the advantage of certified seed and told of the differences they had noted in their own or their neighbor's gardens.

Tomato seeds were planted and kept in the school room and their progress watched. Each boy and girl was given a project book and showed how to make a garden plan. A trip was made to the home of a well cared for garden in the neighborhood and comments and discussions carried on there.

Poultry

The poultry project was a joint project with the farm and home agent. One outstanding, was done by Betty Blagg who because of illness in the family had to do a large share of the work.

Part of her report follows:

Total inventory value at start of project	\$105.00
Cost of eggs for hatching	7.21
Cost of breeding stock bought	5.00
Cost of feed used	160.26
Cost of improvements in equipment	1.50

Total expenditures	<u>\$179.97</u>
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Receipts

Total inventory value at end of project	105.00
Total value fowls sold or used	508.10

Total receipts	508.10
Total expenditures	<u>179.97</u>
Labor return on project	334.13

A note on her report adds that the project from the turkeys was divided equally among Betty, her mother and her sister-in-law. Since the sister-in-law had a tiny baby and Betty's mother was ill, the major part of the work fell on Betty's shoulders.

Doe Hill 4-H Club was reorganized in the fall of 1946. This club has carried out its aim of community service perhaps better than any other club.

The leaders, Mr. and Mrs. John Moyers, are only themselves a very few years beyond 4-H age.

The club has aided in the cancer drive; has helped put electricity and water in the two room school. They have helped repair the church building and are now making curtains for the village hall. The leaders and older club members had a stand for Centennial Day and sold weiners and homemade sandwiches and pie.

Both the junior and senior club helped to arrange material for the 4-H Club float.

The club has sponsored two lawn parties to pay for these activities. They have joined with the home demonstration club in sponsoring two community meetings. One member of this club went to the 4-H shortcourse and two members went to the poultry camp at Jamestown.

Other Activities

Achievement Day being set aside, work and interest concentrated on the part 4-H was to play in the County Centennial.

34
72

Each club was asked to bring the most beautiful products of their gardens to the leader's house on the day preceding the Centennial.

These were arranged in green covered crates. An excellent job of arrangement was done by all the leaders with the help of 4-H members.

Wanda and Hope Cutshall spent a great deal of time and really made the Pine Grove vegetable collection a thing of beauty. It had the place of honor in the center and can be noticed in the snapshot of the 4-H float. Hightown 4-H members too, under the direction of Mrs. Guy Torney and Dollie Nevener made a beautiful arrangement of carrots, kale, cabbage, endive, tomatoes and peppers.

In McDowell, the arrangement was left entirely to the junior project leaders. It was excellently done.

Since Highland County has been formed originally from a part of Bath County, Star Chapel 4-H Club was invited to join the Highland 4-H Clubs in the parade.

Mrs. Wayne Schooler brought her group of 4-H members with their crate of vegetables for the float. Arm bands bearing the 4-H emblem were given to each 4-H member as they arrived. The boys and girls marched behind banners showing the project they were taking. Garden, Poultry, Clothing, Breadmaking, Food Preservation or Laundry Equipment project. The accompanying picture is this group.

The posters were original and most attractive. They were made by the girls of Pine Grove Club.

The crates were placed on the truck at an angle so that they might be seen by the passerby. On two corners of the float were green crates. In one was white pigs, in the other white chickens. A boy held his pet lamb.

On the front of the float, the Hicklin twins, 4-H girls from New Salem, were dressed in the 4-H colors of green and white. They held between them a basket of home canned fruit and vegetables. The words painted on both sides of the float proclaimed to the world that this float represented the Highland County 4-H Clubs from 1930 to 1947.

Just back of the float marched the 4-H boys and girls behind their banners.

One-Day Camps

A conference between Catherine Peery, Assistant State 4-H Agent and the County Farm and Home Agents in March made possible the planning of Camp Day early in the year. In May a 4-H committee agreed that the 4-H camps would be held in early August, just after the busy haying season. Trucks would carry members to nearby camp sites.

The program for the day was planned as follows:

- 9:00 - Salute to the Flag
A-H Pledge
- 9:15 - Ground rules - County Agent
- 9:15 - Choose sides and organize tribes. Decide upon challenges and stunts.
- 9:45 - Demonstration project work
- 10:30 - Swin
- 11:15 - Treasure hunt
- 12:00 - Lunch and clean up
- 1:00 - Instruction in handcraft
- 2:00 - Practise challenges
- 3:00 - Swin
- 4:00 - Quiet games or story
- 5:00 - Get ready for supper. Boys get weiner sticks and build fire.
Girls assemble food.
- 6:00 - Supper
- 7:00 - Vespers
- 7:30 - Camp fire and Candlelighting service
- 8:00 - Home

The attached clippings give a fairly full account of two camp days.

A-H Club members have joined in with the home demonstration clubs for community recreation meetings and as clippings have shown, were often at least partly responsible for the program.

A. Leadership (organization and project, adult and junior)

The organization of the A-H clubs is the usual president, vice president, secretary-treas. etc, who are responsible for conducting the meetings, getting a meeting place and so on. These organization leaders are advised by their adult A-H leaders. At one meeting during the year a training meeting on parliamentary law, and manners for the host and hostess are given. Adult leaders trained by a specialist or agent do as much of the work of project training as possible. However, as older girls show their ability, the home agent and adult leaders give them responsibility according to their talents.

It has been found that where older girls can conduct the project work they do an excellent job.

Ruby Fultz and Dollie Hevener have done an excellent job of helping with the younger girls in different sections of Blue Grass district

Ruby attended a small laundry equipment meeting and was able to assist the girls in her community. This community is one that is frequently cut off by deep snows and bad roads from the school and the village center of Blue Grass.

Dollie is the oldest of six girls and has almost a club of her own home. The mantle of leadership will have to fall upon her younger sister, Shirley this year, for Dollie has gone away to college.

34
72

A good example of the leadership of older girls was in Pine Grove school. The girls had staged one very successful party and were anxious for another one. At a club meeting the leader, Mrs. Wallace Cutshall suggested that instead of a party for themselves the girls have a shower for a family of seven people who had recently been burned out. The young people had just as much fun as at their first party and the family received contributions in food and clothing which should have lasted them for some time. The entire affair was planned by these girls of the Pine Grove Club.

C. Older Youth

In McDowell, leaders were found who were interested in the older youth of the community. Under the leadership of a committee headed by Mrs. W. R. Hoover, four recreation meetings were held during the year.

At Christmas time the popular vote changed the recreation meeting to a Christmas Eve Vesper service. This was very satisfactory and held the interest of the young people. This group prepared Christmas baskets for the needy families of the community.

VI. Work Done in Cooperation With Other Agencies

A. Federated Women's Club

The Stonewall Woman's Club is the agency which first interested the county people and supervisors in Extension work. The agent cooperated with the civic and home department of this club as much as possible. This means attending and taking part in the program at every other meeting, being chairman of the Home Department and serving as advisor to the hostess committee. This committee recently held a tea as a money making scheme to provide a community Christmas tree and gifts for the children of Stonewall district.

P.T.A.

Most Home Demonstration members of the P.T.A. so the agent is often called upon to work with these groups. Five meetings of this sort have been held in different parts of the county during the year. Nutrition and advice on the school lunch is the most frequent need. In visits to schools, the agent usually manages to visit the cafeteria and can often help in menu planning where there is occasion.

Church and Sunday School

Reports from clubs show that ten clubs have given some part of their club funds and efforts in helping to improve church grounds or building.

The cancer drive has been done through the health chairman of the home demonstration clubs. The agent carries the literature to each chairman as the club meets. The chairmen report back to the general chairman after making their quota.

The Welfare department office adjoins the Extension office and opportunity is given these two departments to advise together on needy cases for

home demonstration club help. The Blue Grass and Monterey Clubs did some work in clothing children recommended by the Welfare worker during the year.

The County committee has as one of its objectives encouraging the school lunch program. Their aim also, was to get each child regardless of the financial status of his family, an adequate mid-day meal. Financial assistance was needed only in the Pine Grove school. Here, the Monterey Club helped and the home agent publicized their money making scheme.

The Home Demonstration committee, cooperated with the Board of Supervisors in planning the Highland County Centennial celebration. It was noted that of the five women appointed and actively serving on the county Centennial planning committee, four were members of the County Home Demonstration Committee. The fifth woman was a home demonstration club member. This group included the Home Agent.

It has been said of this celebration, if the people of the county could find it in their hearts to cooperate in other drives as they did in making the Centennial a success, the county would soon be a "Utopia".

Home Demonstration women of each club cooperated with the press in writing a short historical sketch for the Centennial edition of the Highland County Recorder. Records kept since 1930 by Mrs. E. A. McCully, of McDowell, Va. were invaluable in assembling data for this work. The agent was able to cooperate in the publicity for this event by use of the weekly news column. An interesting feature was the publishing of recipes which had been used by Highland County housewives for a century or more.

The County Home Demonstration has worked with the county Health committee to publicize and interpret the work of the clinic to county people. People of the more remote parts of the county who needed medical care were told of the clinic and the date a certain specialist would be there. In this way some people were reached who otherwise would have delayed the benefit of medical care.

It has given the agent opportunity to reach some 4-H girls and boys who showed evident need of an immediate checkup. A particular satisfaction has come from serving the people of Lynne Rock who live perhaps in the most inaccessible community of the county. The agent was able to get three of these women and their children to visit the clinic and it has resulted in better health for them.

VII. Evaluation

The contribution of home demonstration work to the county is of first importance in this evaluation is the cooperation of the people and agencies with the extension service.

Loyal extension leaders both men and women have made their influence slowly though surely felt in working together for the good of the community. Health is the Federation goal of the clubs. The results as shown under "Federation Goal" are the product of the efforts of the county people working together.

This year in Highland County has made the fact known that all agencies and people must work together to accomplish satisfactory results.

Leaders' meeting both for project work and planning, have shown an increase in attendance and interest. More leaders have given demonstrations.

In order to evaluate the project work, a report form on project activities was put in the club year book. Ninety-eight of the 250 forms were filled out and returned to the agent. Some of these were joint reports of women living in the same household.

At the September and October club meetings, an attempt was made to evaluate the 4-H work by collecting 4-H reports and talking to 4-H Club leaders, and teachers of the one room schools, the county supervisors and friends of 4-H work.

The fact that four new 4-H club leaders who themselves have "graduated" from 4-H club work are now doing good work in club leadership is encouraging.

In the light of these small successes with leadership, it would seem wise to concentrate on spending more time with getting leaders and training them than to try to meet every 4-H and every home demonstration club every month.

Two new entirely groups have been met during the year. One group has organized as reported under "reaching others". The other group is still met only occasionally.

In reviewing the year's work, the agent sees that more time should be spent in the office and with both home demonstration, 4-H club and community leaders.

That more women have attended District, State and even National meetings and have been able to give good reports of these is an improvement.

Because of this the agent resolves to interest more women in the better leadership in attending the meetings outside their own community boundaries.

This evaluation is more or less of the tangible results of home demonstration work. The intangible is in the spirit of the people with whom the agent works. This is never failing and cannot be expressed in everyday words.

Suffice it to say that the home agent feels a responsibility and a personal and binding tie to the folks of Highland County which cannot be definitely evaluated.