

VIRGINIA

GIRLS CLUB LEADER

ANNUAL REPORT

1933

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ANNUAL NARRATIVE REPORT
GIRLS' CLUB WORK
VIRGINIA

1935

Project 4

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Cooperative Extension Work in Agriculture
and Home Economics

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I. ORGANIZATION

1. Scope -

This report embraces the work of all 4-H club girls under the supervision of the County Home Demonstration Agents.

There were 48 counties conducting girls' work, six with Negro home demonstration agents and 42 with white home demonstration agents. Of the latter 39 counties had the work for the full twelve months and three counties for only a part of the year.

A total of 15,584 members conducting 17,000 demonstrations were reached through the 608 clubs organized in the 48 counties with home demonstration agents throughout the year.

2. State Staff -

In Virginia 4-H club work for girls is a definite part of the Home Demonstration Program and not a separate project. It is under the direction of the State Home Demonstration Agent, but is directly in charge of the State Girls' Club Agent. Assistance in supervision is given by the five district supervisors (four white and one negro). In subject matter instruction assistance is given by five specialists in clothing, food and nutrition, home improvement, garden and poultry. They are responsible for the preparation of subject matter and for the training of local leaders in their respective fields.

The County Home Demonstration agent is the director of Home Demonstration work in her county and therefore responsible for the Home Economics program for girls in the same manner that the farm agent is

responsible for the agricultural program for boys. Both are jointly responsible for the County 4-H Club program which includes all other club activities.

The work of the State Girls' Club Agent is largely that of organization specialist, working both in an advisory and supervisory capacity in planning and developing state wide programs and in analyzing methods and results, and training both agents and local leaders.

II. SUPERVISORY PROGRAM

1. Plan of Supervision -

It is the policy of the State Girls' Club Agent to visit each county at least once during the year to study the club situation with the agent, suggest methods and outline long time goals towards which the club program should be developed.

Assistance is given in 4-H leader training and county council work, special club events such as achievement days, exhibits and camps. She also plans and supervises all State contacts and makes arrangements for all out of state trips, and jointly with the State Boys' Club Agent plans and directs State 4-H Club Short Courses, and issues the monthly club paper to 4-H club members.

New agents are always visited soon after going to the county and, for the first year, as often as is necessary until they have the club situation thoroughly in hand. More assistance is also given to those counties developing new phases of work or putting on special events. Several counties are being used as demonstration counties where certain methods are being tried out.

The two most important demonstrations are developing programs for older girls and organizing clubs within the home neighborhood rather than with consolidated high schools as centers. Brunswick county has been used for both of these demonstrations, and Albemarle for programs for older girls and boys. This of course necessitates more supervision.

B. Determining Factors -

The economic conditions demanded a more careful adjustment of the entire extension program. The major activities in this adjustment were: enlarging the scope of the project work, giving more training in organization work to leaders and planning programs for the older girls.

(a) Realizing the necessity for doing everything possible to help the girls contribute to the economic needs of their families, special plans were made for a more timely adaptation of the project work. These included suggestions for a wider use of home-grown products, a more extended use of materials on hand for clothing and practicing economy in buying, spending in the daily management of their homes, and more recreation in their homes and community.

Suggestions Sent To All Home Demonstration Agents

For Clubs -

1. Each club devote two meetings to food preservation. The major project should not be abandoned though it may be necessary to eliminate some of the regular project work. However, most of this can be carried on by the members if new instructions are given. Perhaps the club might hold an all-day meeting for canning instruction and then at the other meeting give judging and check on earning. Something like this will help keep up the interest -

June - Demonstration in making canning budget, also demonstration on canning fruit.

July - Demonstration on canning vegetables.

August - Judging canned products - (each member bring a jar). Give suggestions for selecting jars for contests.

September - Selecting jars for contests - each member bring a jar selected for contest. Judge. Announce club winner. Hand in budget report card.

October - Club Achievement Program. Talk by member making best canning budget and doing most canning.

2. Have each club sponsor a plan to have a garden in the home of each member and in addition get the members to assume responsibility for supplying the family with greens, during summer, fall, winter and spring.

3. Encourage the clubs to make a school lunch budget and plan to meet the budget by club earnings.

For Members -

1. Plan to help make enough food for the family needs. This means an adequate garden, summer, fall and winter.

2. Each girl help her family to make a canning budget and can, dry, pickle and store the necessary foods.

3. Prepare at home foods and other supplies which previously may have been purchased, such as bread, cereals, salad dressings, soap and cleaning supplies.

4. Buy clean and remodel old clothing.

5. Encourage the older girls with experience in canning to teach others to can. The opportunity for service will appeal to them.

6. Encourage thrift habits through keeping of personal accounts.

The canning contests are planned to teach the importance of making

canning budgets. The requirements are very few but the opportunities for increasing the interest of the members are great. Every member will be expected to enter at least one canning contest.

MAKE YOUR FAMILY YOUR MARKET

Club girls and boys can help remedy the present farm situation. Of course they can not make laws nor raise farm prices, but there is much they can do to help balance the low prices received for farm products.

With wheat selling for 50 cents or less a bushel, butter for 15 cents, and eggs retailing for 10 or 12 cents a dozen, there is no profit and often loss in selling. Why sell eggs when such pork retails for only 10 cents a pound. But what, you say, can be done with these products? Eat them! That is where you girls and boys come in. If your family is your market, there is absolutely no loss. The boys can help by raising and killing the hogs and the girls by canning them for meat to last through the entire year (all that isn't cured or smoked). The same with canning beef, don't let it be sold at a sacrifice, can and cure for your own family, then you won't have, either to buy meat later at 2 to 3 times what you could sell it for, or else go without.

Why sell wheat at 50 cents and buy back bread at the rate of \$3.50 a bushel for the wheat? Or why buy prepared cereal at the rate of \$7.00 to \$14.00 a bushel. You can help by preparing this wheat for cereal, cracked wheat and many variations.

What about vegetables? You all have your gardens planted by now, and soon they will be producing. If there is no profit in selling the vegetables, can them for your own family and you will not have to buy any.

Maybe you are saying, "farm families always do raise their own food," but studies of farms show that from 1/2 to 3/4 of all the money spent on the farm goes for food!

You girls and boys can help the situation on your farm by helping turn time and labor into cash by:

1. Canning, drying, pickling and storing. (Meats, vegetables, fruits, eggs in water glass, etc.)
2. Making cleaning supplies, such as soap, etc.
3. Doing baking and other jobs to keep from having to buy commodities back at higher prices.
4. Prepare foods, such as salad dressings, corns, etc. which might be purchased already prepared.
5. Plan for and help to raise the entire family food needs. Figure these out.

If every 4-H farm boy and girl in the United States (200,000) did his part to make the food costs of his family practically nothing, would not this go a long way toward helping the farm situation of today?

From - The Virginia 4-H Club Letter

(b) With the increasing demand on the agents, thus from other sources, it became even more necessary that the volunteer local leaders be given more training in the methods of organization. Early in the spring, plans were outlined for an all day training meeting for county leaders and sent to each agent suggesting that each county plan to hold such a meeting not later than September. This enabled the agent to get more help from the leaders in completing the year's work as well as in starting the next year's work. The plans suggested are attached.

No. 17, 290

SUGGESTED PROGRAM
for
COUNTY 4-H LEADERS TRAINING MEETING IN
ORGANIZATION

Purpose of meeting -

- (a) To plan for completion of work for the year.
- (b) To discuss objectives and outline plans and methods for the coming year.

I. Finishing This Year's Work -

1. Reports and record books -

- (a) Instructions in regard to girls' reports. Give each a supply of report blanks, check blanks for clear and uniform interpretation - by home demonstration agent.
Instructions in regard to boys' record books - by farm agent.

2. Discuss the leaders' reports, contents, and date due.

3. Development of plans for County Achievement Day.

4. Other announcements.

II. 4-H Club Program for 1933 -

1. Club objectives for the year -

Explain that project work is only a part of the program and that participation in other activities is of equal importance.

- (a) Discuss methods and make definite plans for the whole club program throughout the entire year.

- (b) Survey of county -

Number boys and girls of club age in county _____
Number boys and girls now being reached _____
Where clubs should be located _____

2. Projects for girls - by home demonstration agent.

3. Projects for boys - by farm demonstration agent.

4. Plans for starting next year's work -

- (a) At November meeting -

Elect officers
Enroll new members
Appoint Committees
Discuss outlook for club work.

4. (b) At a later date - (first meeting of next year)
 - In-call officers
 - Revise club roll
 - Report of committee on plans of work and program for monthly meetings.
8. Hold County Council meeting as soon as all clubs have elected officers. At this meeting -
 - (a) Make study of plans of work.
 - (b) Give instruction to officers for their respective clubs.
 - (c) Give demonstration in making club plans of work.
 - (d) Give demonstration in making programs for monthly meetings.
 - (e) Instruct each club to have committee to make both plan of work and programs for each monthly meeting throughout the year.
9. 4-H club meetings and 4-H project meetings.
7. Demonstrations in making club plans of work and programs for monthly meetings.
8. Parliamentary practice.
9. Explanation or announcements in regard to club literature.
10. Community projects.
11. Staging 4-H club initiation ceremonies and installing club officers.
12. Round table discussion of problems -
 - (a) Public program participation.
 - (b) Developing individual members - "Success is measured in terms of average individual progress."
 - (c) Use of contests, awards, etc.
 - (d) Characteristics of different age groups.
 - (e) Programs for older boys and girls.

(c) Due to the increased number of young people in the country during the last three years, plus the fact that the usual 4-H club program was not reaching the older group, more attention was given to this problem. From various studies of the situation here and in other states the basic trouble seemed to be the fact that younger and older members were kept in the same groups and that programs were not properly gauged to the respective interests. Through conferences with agents and leaders, efforts were made to have them deal more individually with each club to analyze the needs and to plan programs accordingly, with special attention given to separating those 15 years of age and over into senior clubs with better adapted programs.

(d) Assisting the agents in studying and applying better methods to club work has always been of major importance. To help them in further study each agent was put on a committee during the annual conference of extension workers. One half a day was given to start the committee work, which continued throughout the year and to make a progress report at the next annual conference. Reports of the committee work to date are attached.

REPORTS OF COMMITTEES OF HOME DEMONSTRATION AGENTS

STUDYING 4-H CLUB WORK

The Committees began work at the Annual Conference of Extension Workers, January 1933, and will continue their study throughout the year.

MEASURING RESULTS IN 4-H CLUB WORK

Chairman - Mariah Lawrence	Secretary - Helen Collins
Discussion Leader - Miss Maude Wallace	
Clara Austin	Mary Morrison
Penelope Morgan	Josephine Potts
Mrs. C. S. Ferguson	Vivian Waters
Helen Alverson	Genevieve McChes

Results may be determined by consideration of these factors:

1. The percentage reached in club work according to ages.
2. The age of groups reached and analysis of program undertaken.
3. Growth and response of leaders work.
4. Community leadership developed.
5. The quality of work done by individuals.
6. The character building program with long time focus.
7. Recognition of value of club work by people of the county.
8. Financial returns from club work.
9. Continuation of practices learned in club work after club age is past.
10. Number members seeking higher education from club members.
11. Homes that have adopted practices learned in club work.
12. Comparative standing of scholastic rating of club members against non-club members.
13. Better understanding between city and country people.
14. Encouraging individual members to measure their own growth.
15. Growth in recreational program.
16. Checking county plan with state plan for club work.

WORK WITH OLDER GIRLS

Chairman - Gertrude Drinker	Secretary - Agnes Hampin
Discussion Leader - Miss Belle Burke	
Ruth Jamison	Ruth Burruss
Eric Lasseter	Mabel Massey
Inda Miller	Lola Calfee

Realizing that present conditions present not only a greater need but a larger opportunity than ever before for a more definite program for older girls, it is recommended that:

1. The membership be open especially to girls out of school and that other membership limitations be left to each group, bearing in mind the future development of home demonstration clubs.
2. These girls be given the full privileges of 4-H club work, provided they meet the state requirements.

3. The counties that have not previously had a program for older girls use as a basis the program suggested for the third year of each home economics project.
4. The program should include a strong recreational program, keeping up with public affairs, reviews of current periodicals and books, earnings and money management, and forum discussions of personal problems.

SPECIAL COUNTY CLUB DAYS AND EVENTS

Chairman - Catherine Furr	Secretary - Sarah Pitts
Discussion Leader - Miss Sally Guy Davis	
Ollie Joe Mallette	Elizabeth Farrar
Nora Miller	Mrs. Bessie Dunn Miller
Anna Keyser	

It is recognized that special county club days, camps and events have a special place in the 4-H club program for the purpose of keeping the work before the people of the county, keeping up the interest of members, providing opportunities for more social contacts, promoting wholesome competition, developing the individuals through more participation in programs, and to serve as a measuring rod for both leaders and agents.

1. The program of work for each county should provide definitely for those events needed to put across the work.
2. It is recommended that each club hold the necessary contests to determine representatives for the county contests. A regular club meeting in early summer might be designated for those contests which will culminate at the state short course. Another meeting should be held in the early fall for contests culminating with fairs or Achievement Days.
3. Each county should have county contest day in early summer to select county representatives for the demonstration, judging and growth work contests to be held during the state short course.
4. It is recommended that the 4-H Achievement program be held separately from the adult Achievement Day.
5. County camps are recommended as an objective for the future. They should be developed as recreational centers for the county. Restrictions should be made as to age limit and length of time in club work for those attending.
The program should be largely recreational and inspirational, including nature study, handicraft and growth work. Candies, etc., should be sold only after the noonday meal and then in limited amounts.

CONTESTS AND AWARDS

Chairman - Edith Vaughan	Secretary - Jesse Hamnerly
Discussion Leader - Miss Helen Ricks	
Mitilda Garner	Chilton Ryburn
Miss Lillian Gilbert	Mrs. Alice L. Dean
Elizabeth Carmichael	

Contests, prizes and awards are recognized as stimulating the interest of young people, therefore, they should have a definite place in the club program and be used as a means to an end.

1. Each county program of work should be carefully checked to see that those contests which form a part of the project requirements are provided for.
2. Provisions should also be made for conducting contests sponsored by commercial concerns when it is found they have a definite contribution to make to the program.
3. A wider use of club pins and ribbons is suggested in order that more deserving members be recognized and emphasis on monetary values avoided. For example, award ribbons on basis of grade made:
 Blue ribbons for all making grade of 90 to 100
 Red ribbons for all making grade of 70 to .99
 White ribbons for all making grade of 60 to 69
4. Members winning county, state or national contests should be made to feel a sense of responsibility to the club organization because of the honor won.
5. For out of state trips it is recommended that only the outstanding girls should be given the opportunity to compete.
6. Dates for all contests should be included on the agent's calendar of work. All regulations for contests be filed together.

**ORGANIZATION AND METHODS OF CONDUCTING
4-H CLUB WORK**

Chairman - Celia Soecker Discussion Leader - Miss Sylvia Slocum Sarah Thomas Iris Ritonour Mattie Puckett Emma Bratten	Secretary - Katherine Rogsdale Courtney Farrar Mary Quisenberry Mabel Watts
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- I. It is recommended that uniform requirements be adopted for Standard Clubs - these are:
 1. Each club hold 12 meetings (10 monthly).
 2. Each club have two leaders.
 3. Each club make a written plan of work for the year at the beginning of the year.
 4. Programs for monthly meetings be planned at the beginning of the year for the entire year.
 5. Each member must complete each project carried.
 6. Each member must take part on the program during the year.
 7. The attendance at monthly meetings must average not less than 90%.
 8. There must be not less than 75% of members in attendance at County Achievement Day.
 9. Each club hold those contests for which its members are eligible.
 10. Each club must have 50% attendance of officers at County Council meetings.
 11. Each club hold one special program for visitors.
 12. Hold at least one social during the year.

- II. It is also recommended that the County 4-H Club Council hold two meetings a year. The first meeting should be held before December 1st and the second one in early summer. Prior to the December meeting, the executive committee should make a suggested plan to present to the Council for consideration.

- III. In order to avoid a loss of time between the finishing of one year's work and the beginning of the next year it is suggested that the following dates be observed for organization: October - County Achievement Day; October or early November - Leader training meeting for organization work; November - Election of new officers for each club and appointment of committees for plan of work and club program.

SUMMARY OF SUPERVISORY PROGRAM

Goals	Accomplishments
1. Hold conference with each white Home Demonstration agent to discuss organization problems and to make plans for the next year's program. Hold at least three conferences with negro District Home Demonstration Agent.	1. Thirty-six counties with white agents were visited and assistance given agent. Only three counties not visited. Three conferences were held with the negro district agent and one county visited.
2. To strengthen the training of 4-H club leaders in organization work for the next year through special county training meetings in early fall.	2. Planned suggested programs and materials for these meetings - conducting the meetings in 24 counties. Helped district agents in planning for the meetings which they conducted.
3. Assist in making the county 4-H Club Councils function more effectively.	3. Thirty-one councils had meetings according to plans as outlined. Assisted with 12 Council meetings.
4. Develop more progress for older girls - 16 to 21 years.	4. There is a substantial increase in number clubs of older girls.
5. Help to get more clubs organized within the communities where the children live rather than in the unaffiliated schools. Brunswick county selected for special demonstration in this.	5. One third of the clubs are now organized within the community and meetings not held in school. This is a big increase over 1934.
6. Have study of club methods and participation in making club plans by Home Demonstration Agents.	6. Each agent served on a committee to study special club problems. Assistance was also given in this on visits to the agents.
7. Increase the social and recreational activities of the local clubs.	7. Practically every club planned for some recreational features. Many have definite recreation programs for the year.
8. Strengthen the work of the county leaders through organization of county leaders' associations.	8. County leaders' organizations are being recognized of increasing importance, more than half of the counties now have them.

Goals	Accomplishments
9. Make all 4-H club contests serve a specific aim in promoting the club program.	9. All club contests were put on an educational basis and assisted greatly in putting across the club program.
10. Assist in planning better programs for 4-H club camps.	10. There was a noticeable improvement in the camp programs. They were made more recreational and inspirational.
11. Give more assistance to new agents and to the counties where club program needs strengthening.	11. This help was given to the eight counties with new agents and to five counties in which special effort was made to build a stronger program.
12. With State Boys' Club Agent plan and direct the State 4-H Short Course.	12. State Short Course made real progress over former years, both in the program and the personnel of the members.

Total number counties visited -	37
Total number visits to counties -	68
Number counties not visited (three with white agents and five with Negro agents) -	5
Number county Achievement Day programs attended -	5
Number county leader training meetings -	24
Number county 4-H Club Councils worked with -	12
Number 4-H club camps attended -	5

Since there is a Negro district agent who devotes her full time to the six negro agents, the State Girls' Club Agent does not give as much time to the negro agents as to the white agents since the latter have proportionately less supervision.

III. PROGRAM DEVELOPMENT -

1. State Program -

✓ The State program for 4-H club girls is designed to give definite training along the lines of homemaking, recreation, self improvement and community activities. It is planned so that the member will have the opportunity to learn through actual participation in all activities involved.

Plans were made by the State Girls' Club Agent in cooperation with the State Staff. In addition to the long time program, specific plans for the year are outlined and presented to the Home Demonstration Agents during annual conference - for criticisms and suggestions. These plans are then used by the agent as a guide in developing county and community programs. Realizing the great need for more consideration given to methods and standards in club work throughout the State, committees of agents were appointed at the annual conference and the time allotted to club work was spent in study by these committees. The findings of the committees were in the nature of a State program towards which the work has been directed this year. This is given on page five of this report. No special report has been made on this, however, there has been marked improvement in organization methods as a result of the committee work.

SUMMARY OF THE STATE PROGRAM

1. Continued study of methods of organization and conduct of club work by entire staff. Committee studies to be continued.
2. Adjust the projects and other 4-H club activities to meet the economic needs. Help the members to make a more definite contribution to their homes.
3. Improve methods of county council work and get councils in all counties.
4. Put all contests on an educational basis to further specific club objectives.
5. Encourage more work in judging as a means of establishing standards.
6. Increase social and recreational activities of all clubs.
7. Develop more work for older girls.
8. Local leaders - give more training in methods of organization to leaders and hence more responsibility for the local club. Organize more county chapters of leaders associations and strengthen the State Association.
9. Improve programs of County All Star Chapters and organize more chapters.
10. Short Courses and Camps - Conduct State Short Courses for delegates from local clubs. Encourage more county camps where possible, and district camps for those counties without county camps.
11. Out of State events - send delegates to National 4-H Club Camp in Washington and National 4-H Club Congress in Chicago.
12. Promote more work on the Health E program.

2. County Program -

The county program for club work is made by the County 4-H Club Council, in cooperation with the county extension agents. The Council is composed of all officers and leaders of all clubs in the county. The purpose of the council is to make the county plan of work, and to train the officers for their respective duties. The plan is made at the fall meeting of the council, usually in November. Many counties have adopted the practice of having the executive committee of the council make a suggestive plan of work previous to the council meeting, to present to the council for their consideration. This allows more time to develop a program that will more nearly meet the needs of the county.

The officers of each club take the plans made back to the local club, and incorporate them in the club plan of work. In some clubs, the county plan is read once a month, while others check on it every two or three months. The council holds a second meeting in late spring or early summer to check on the progress of the work throughout the county; to make detailed plans for County Achievement Day; to plan for completing the year's work; to select the home economics project in which the county is to major during the year; and to make plans for beginning the next year's work. All county 4-H events are planned and directed by the county council - and all county meetings, ^{are} presided over by the ^{the} president of a county council.

Developing the county program in this way results in the building of a stronger organization, with all clubs participating in more

activities, and in developing more leadership in the members. //

The officers of the local clubs are the potential leaders. The council serves as a medium through which these members may get the training which their office or duties require. In addition to the assistance from the State Office, the best help possible is secured throughout the county for this. Training is given in methods of determining club programs and making programs for monthly meetings; demonstrations; parliamentary procedure; song leading, recreation; producing plays; and other lines of specific interest.

Special attention has been given to the procedure in conducting council meetings so that they might serve as a demonstration of correct methods for all members.

The council has made a big contribution in raising the Standard of Work and in providing new opportunities for further work. Financing the county club plan of work has always been one of the big problems. The councils are taking over this responsibility by making a budget and raising funds to meet it. The majority of the councils made budgets last year. In most cases this included the expenses of delegates to State 4-H Club Short Courses. County programs of work were developed by the councils in 21 counties with white agents and in five counties with negro agents. Perhaps the most important progress and growth in club work has been made in the quality of work of the county councils during the last year. Agents and members are appreciating its possibilities as never before.

The accompanying account of the development of the Prince William county program illustrates the procedure recommended. This is taken from the report of Miss Pitts, County Home Demonstration Agent. There is nothing extraordinary about the work of this council except that a strong club organization is resulting due to the activities of the council.

At the first meeting of the county council, officers were elected, council members were instructed in the duties of their respective offices, and the county plan of work was outlined. Prior to the council meeting an executive committee meeting was held at which time a tentative plan of work was made. This was presented to the council as a basis for discussion. The plan as adopted with final accomplishments is here given.

1936 PROGRAM OF WORK AND RESULTS
PRINCE WILLIAM COUNTY 4-H CLUB COUNCIL
Composed of 11 Clubs

Goals	Accomplishments
I. Make each club a Standard Club.	I. This was the first year Standard Clubs have been attempted and not any reached all requirements.
1. Hold 12 meetings (10 monthly).	1. Eight clubs held 12 community meetings. In no one of these 8 clubs were more than 2 meetings held out of month in which due.
2. Have 2 leaders.	2. Seven clubs had two leaders.
3. Make written plan of work for year at beginning of year.	3. Every club made a plan of work.
4. Program for year to made for year at beginning of year.	4. Four clubs made complete program as required. Two others made partial program.
5. Each member complete each project.	5. 75% of club members working under supervision of home demonstration agent completed projects.

Goals	Accomplishments
I. -	I. -
6. Each member take part on program once during year.	6. 80% took part on club programs.
7. Attendance at club meetings must average not less than 80%.	7. Six clubs had 80% attendance at meetings.
8. There must be not less than 75% of members at County Achievement program.	8. Four clubs met this requirement.
9. Have 80% of officers at Council Meetings.	9. Three clubs had 80% attendance of officers at Council meetings.
10. Hold one special program for visitors.	10. Eight clubs held special program for visitors.
11. Enter contests for which members are eligible.	11. Nine clubs had members enter community and area county contests.
12. Hold at least one social during the year.	12. Seven clubs held socials.
II. Send representatives to State and District Short Courses.	II. The Council enrolled the members for camps. Three clubs had representatives attend State Short Course and six had representatives at District short course.
III. Learn club songs.	III. Six clubs learned all songs designated except the Health Song. Only one club learned that well.
IV. Each club take part in Contest Day, Dairy Festival, and Achievement program.	IV. Six clubs took part in County Contest Day, eleven in Dairy Festival, and ten in Achievement program.
V. Conduct tour of inspection to projects of members.	V. Only six clubs planned to do this, three did it. (This was optional by council.)

A second meeting was held in June and at this time a check was made on the work of each club. Plans were made in detail for sending delegates to

District and state short courses, for the Dairy Festival, and the County Achievement Day. Foods was selected as the major project in home economics for 1934.

The Council entertained the club leaders at a luncheon on September 6th. A committee of girls planned and served the luncheon in a very creditable manner.

The Council entered a 4-H float in the Northern Virginia Dairy Festival and won the silver Loving cup over the other 25 floats in competition. The float decorated in club colors emphasized the health value of milk.

In planning for the County Achievement Day the Council was also very active. The President presided over the meeting.

The last meeting was held in November with nine clubs. The new officers were instructed in their specific duties, the 1933 work was reviewed and the program of work for 1934 was outlined. This is practically the same as the past year's program. While not a single club reached the Standards set, they are holding to these goals and many clubs have pledged themselves to reach these goals."

Local Leaders -

The importance of the volunteer leader in the 4-H club program is being recognized and appreciated more and more, not only by the Extension Agents but by the public. But for the work of the 4-H club leaders in Virginia, the club program would have had a serious set-back due to the many

extra demands made on the home demonstration agents in cooperating with the relief agencies.

All clubs are now required to have two leaders and a project leader for each project group, however, all of the clubs have not reached this goal. Frequently the leader serves as a project leader also.

County associations of 4-H leaders are being encouraged to help strengthen the club program and to give more recognition to the leaders. The associations are also being used in connection with the County Council as advisors to the extension agents in making recommendations and planning the county program. With the agents they plan the leader training program for the county, decide on the number of meetings, time and place, etc. Usually county training meetings are held every two or three months at which time subject matter instruction for both project and organization work are given by state specialists and the home demonstration agents. Special programs are also arranged for leaders at the county and district short courses. The agent plans a schedule with her leaders for attending and giving instructions at club meetings. The plan is for the agent to go to not more than every other meeting. Many leaders have assumed complete responsibility for the work of their clubs. They have not stopped with the required work but have gone the other mile. They are realizing too that they are getting much from their experience, as Mrs. Jackson, a leader in Boone county, says, "I can't express the value of leadership to myself. I feel that the only worthwhile thing I have done in the past year with my girls is the improvement I see in some of them, to see them striving for

higher standards." A full account of her club's work is attached to this report.

Transportation to club and leader training meetings has been a real problem this year. Effort is being made to develop in each community a feeling of responsibility for both securing and providing transportation for leaders to and from County training meetings.

DATA ON LEADER TRAINING WORK BY PROJECTS

<u>White</u>				
Project	Demonstrations	Demonstrations	Demonstrations	No. Project
	by Leader	by Agent	Agent & Leader	Leaders Trained
Clothing	727	1040	781	215
Food and Nutrition	222	1127	222	202
Home Improvement	222	422	111	21
Garden	22	112	22	122
Poultry	27	204	22	22
Totals	2009	2619	1754	275
Percent	21%	42%	27%	



This gives a picture of the work done by the white leaders in subject-matter demonstration.

Project	No. Demonstrations			No. Project Leaders Trained
	by Leader	by Agent	Agent & Leader	
Clothing	64	46	16	34
Food and Nutrition	88	198	98	61
Home Improvement	5	24	5	22
Garden	28	48	28	28
Poultry	-	-	-	-
Totals	178	316	136	165
Percent	28%	50%	22%	



This gives a picture of the work done by the negro leaders in subject-matter demonstrations.

Total Number Leaders - 908
 Women 624
 Men 28
 Older club girls 208
 Older club boys 24

Total Number Meetings - 249

Average Attendance - 19.9

The State Association of Leaders meets each year in connection with the State 4-H Club Short Courses. There were 22 leaders in attendance this year. The program was inspirational and very stimulating in that it dealt with problems of social adjustment. See program attached.

4-H LEADERS CONFERENCE

Place: Room 211, Patton Hall
9:30 to 10:30 each morning

Officers of the State Leaders Organization will be in charge

Mrs. Paul Krasner, president
Mr. Dick Griffith, vice-president
Mr. G. E. Peindexter, vice-president
Miss Alma Whittington, vice-president
Mrs. G. A. Kallman, secretary-treasurer

Tuesday: Legislative problems affecting education.—Dr. Julian A. Burrus, President, V. P. I.

Wednesday: The agricultural situation.—Mr. John E. Hutchinson, Director, Virginia Extension Service.

The farm adjustment act.—Mr. B. L. Hummel, Rural Organization Specialist, Virginia Extension Service.

Thursday and Friday: Responsibilities of rural leaders and social adjustment.—Dr. Arthur E. Holt, Social Ethics, The Chicago Theological Seminary.

5. Community Program -

The program for each local club is developed by the club in cooperation with the leader and county extension agents. Organization is on a community basis with the 4-H club as the community organization, and project groups within the club organized on an interest basis - for example clothing or foods groups. There are two leaders for each club, the leader and the assistant leader or they may divide responsibilities according to type of work - one may be organization leader and the other project leader.

At the November club meeting new officers are elected and committees appointed. They attend the county Council meeting held during the month to receive instructions in making club plans of work and also to get the county plan of work, which is incorporated in the club plan. Usually the executive committee makes the club plan of work in cooperation with the leaders and county extension agents. The plans are very specific in that definite goals are set for project work and other club activities and topics outlined for study at club meetings. In arriving at a basis for a club program, a survey is made of all types of community activities for young people. This is done rather easily by the committee using as a guide the plan here attached. There is then a very definite reason for every phase of the program made. The plan serves as a basis for monthly meetings.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
State of Virginia, Va. A. & M. College and Poly.Inst. & U.S.D.A. Cooperating
EXTENSION SERVICE

BUILDING THE 4-H CLUB PROGRAM

Every 4-H club should begin the club year (December) with a program of work and specific plans for each monthly meeting made so that the year's program may be carried out. This program is as essential to the club as a compass is to a mariner; it points the way. The monthly meetings are like a schedule; they tell when things are to be done.

The program of work is an outline of the activities which the club will undertake during the year and a statement of the long time goals which they hope to achieve. It is the basis for the monthly meetings.

The year's program and program of monthly meetings should be made by a committee consisting of three or five club members, the leader and the county extension agents. These should be presented at the December meeting for the action of the club. When adopted they must be entered in the Secretary's Book. It's a good idea to have the vice-president serve as chairman. This gives him more responsibility.

Steps in Making The Program

1. Analyze the need of the community - with reference to that which may be supplied by the member's project and by the activities of the club. Consider the economic, social and educational opportunities.
2. Study the activities of the other organizations in the community and chart on blackboard the contribution of each. For example -

	: Social Affairs :		Athletic Events :		Creative Arts			
Age	: and :	:	and :	: Swimming :	: and :	: and :	: and :	
Groups	: Parties :	Picnics :	Tournaments :	Swimming :	: Drama :	Hobbies :	Music :	Study Groups
	:	:	: Play :	Watch :	: Play :	Watch :	:	:
10-14	:	:	:	:	:	:	:	:
15-21	:	:	:	:	:	:	:	:

Consider such points as:

- a. To what extent are all the organizations in a community correlated?
 - b. Is leadership duplicated?
 - c. Are the community responsibilities evenly prorated throughout the community, or do a few run everything?
 - d. To what extent are people of the county not reached?
 - e. How can others be brought in?
 "Life is not a series of compartments nor an array of competitive interests."
3. Determine the scope of work which the club should undertake.

4. Outline the long time program indicating what should be done this year. This should include:
- a. Project goals - (individual, community and county)
 - b. Personal development of members.
 - c. Special club activities, such as growth work, method demonstrations, judging, and other contests, fairs, achievement days.
 - d. Special community projects such as beautifying church grounds, securing and furnishing a club house which should serve as a recreation center.
 - e. Social and recreational features, as parties, camp suppers, camps, picnics, etc.

Making Specific Programs for Each Meeting

The programs for each meeting are the machinery for carrying out the club's entire program. In deciding what to have for each monthly meeting, divide each phase of the year's program into 12 parts, according to the logical sequence. For example, if music appreciation has been selected as one feature, outline the 12 definite phases (one for each month) in which the club is most interested. Then arrange in most logical order. Think through each phase of the year's program in this way.

The programs must give the plan and time of each event (such as contests, picnics, etc.) and name the member responsible for each activity.

The program for each meeting are made out in full and are presented with the club plan of work at the December meeting. After the plans and programs are adopted, they are written into the Secretary's minute book. No member is allowed to appear on the program a second time until all other members have served.

If meetings are not up to standard the clubs are advised to check on the plan of work to locate the trouble. This method not only produces better programs, which more nearly meet the interests of the members concerned, but also the members receive excellent training in program making and in the mechanics of club organization.

Meetings are held monthly, usually twice a month. Some clubs hold meetings for project instruction, separately from the program meetings; others combine the two. In the past most of the meetings have been held in the school, but the trend is away from this and about 1/3 of the clubs are meeting in homes, club houses, and community centers. Efforts are being directed to organize clubs in the neighborhoods where the children live rather than in the large consolidated schools where the curriculum is crowded, and the children's interests centered in a program out of their home community. The agents are reporting that the results are much more satisfactory than the meetings are held in this way. In transferring the clubs from meeting in the school with the school as the center to the community as the center, the agents have reported a small loss in membership, which is expected at first due to the fact that as many children enroll in

club work in order to get out of a class in school. However, when the clubs are better established they will be in a position to reach more members.

The Midlothian Program of Work reported by Miss Lassetter, Home Demonstration Agent of Chesterfield county, illustrates the methods suggested.

MIDLOTHIAN 4-H CLUB PROGRAM OF WORK

Chesterfield County - 1938

The Club has a membership of 17 girls and 18 boys. The projects taken were food and nutrition, poultry, pig and corn. The program was planned in November 1938 by a committee composed of two girls, two boys, the leaders and agents. It was then discussed and adopted by the club at the November meeting.

Goals	Accomplishments
1. Hold 12 monthly meetings.	1. 26 meetings held.
2. Follow Plan of Work	2. Plan checked monthly.
3. Strive for 100% attendance at regular meetings, Achievement Day and Rally Day	3. 90% attendance was made at regular club meetings, 70% at Rally Day and 50% at Achievement.
4. Each club member have 4-H club book made by December meeting.	4. Fifteen girls had books made by January.
5. Each member strive to get and hold club pin.	5. Twenty-seven pins won at end of year.
6. Hold club initiation.	6. Twenty members initiated, ten of our own members, ten from visiting clubs.

Goals	Accomplishments
7. Give public program.	7. Two public programs were given.
8. Sponsor community recreation on club project.	8. Gave five socials with attendance of 225 people; one club picnic with attendance 80; one carnival to raise money, attendance 120, cleared \$10.00; a folk song pantomime and candle lighting service was staged by club members for parents and friends - 150 came.
9. Pay expenses of two club delegates to State Short Course.	9. Outstanding girl and boy went with all expenses paid.
10. Send representatives to all county wide meetings.	10. All county wide meetings attended.
11. Give Christmas boxes.	11. Two were given - value \$8.00.
12. Assist with nutrition work in school.	12. \$5.00 given towards this.
13. Stage exhibit at County Fair.	13. Club put up booth at County Fair, received \$8.00 for it, 22 individuals exhibits were sent to county fair.

Results - Community Club Activities -

The activities of the club other than the actual project work continues to be stressed more each year. More attention was given to the development of programs that will provide for these various needs. Each club was urged to have a definite community project on which all members could work together. These were chiefly along lines of relief work.

working for school lunches, beautifying school grounds and highways, making picnics spots and providing more parties and good times in their communities. Perhaps the most outstanding achievement of the clubs during the year was the increased impetus given to community socials and recreational activities.

Since the 4-H clubs are under the joint supervision of farm and home agents the data submitted in the reports of the clubs cover the activities of both the boys and girls. Reports from 500 clubs under the supervision of the white agents and 325 clubs under the negro agents give some interesting results:

	<u>White</u>	<u>Negro</u>
Number counties reported - farm and home agents	65	30
Number of clubs reported -	500	325
Number of older club members acting as leaders -	460	282
Number rallies and picnics -	571	67
Number Achievement Day programs -	57	3
Total attendance at Achievement Day programs -	10,177	228
Number leader training meetings held -	365	487
Amount of money raised -	\$2,174.63	\$629.00
Number members with all or part short courses expenses paid -	215	105
Number judging teams trained	585	325
Number demonstration teams trained	779	245
Number exhibits at fairs -	3,750	1,427
Value of prizes won -	\$4,564.02	\$ 604.00

Work With Older Girls -

As a state-wide measure the program for older girls is just getting under way. Twenty-two counties reported 29 clubs with 276 members from 14 years to 21 years and older. At first many workers did not realize that there were a sufficient number of these young people to justify a special program. The increase in the number of the young people in the rural sections in the last two years has dispelled this argument, and the problem has been largely that of getting interested members together and determining the program. The different social strata in a community begin to assert itself in this age group thereby precipitating new problems. Observations indicate that there is a tremendous need for a strong home-making program well balanced with a lively social and recreational program. A special project has been planned in foods, clothing and home improvement, the latter is largely home management. While each club takes one of these projects as a basis for its program they may branch out and take other phases so that the major needs and interests of the group may be reached. In addition each club has a definite social and recreational program with specific objectives, in fact the social and recreational features have filled a very definite need. These girls were given the responsibility of many of the club activities and also many of them served as leaders - about 200. The basis of our program for this group is here outlined.

1. Consideration should be given to extending the 4-H club program rather than setting up a separate organization. Also the cooperation of the

adult organization should be secured so that there will be a place for these young women, when they are ready to enter. Wherever possible divide the club membership into two groups according to age, one from ten to fifteen and the other for the sixteen to twenty-one and over. Organizations within a community are preferred, however when there are not enough, the young people from several communities may form a club.

3. Retain the name 4-H and call these clubs Senior 4-H clubs or 4-H Junior Homemakers, etc.

not should
4. Membership should not be limited to former 4-H club members, ~~and~~ that it be the maximum age for this group. After members marry and assume the management of their own homes, they should be encouraged to join the adult clubs.

5. Where young men and women are organized together, monthly or bi-monthly meetings may be held jointly. If a home or farm project is conducted additional meetings will need to be held separately. It is not advisable to standardize programs for a county since each club should make its own. The need of the group must be the determining factor and this will vary with each community. Programs will change and grow as the members develop, but they must be interesting and challenging. A well rounded program might include something from each of the following groups:

- (a) Some project work along homemaking lines, problems in family relationship, home beautification, and home management are especially recommended. A club might buy a book around which their project work could center and a schedule be arranged so that all members could have opportunity of studying it.

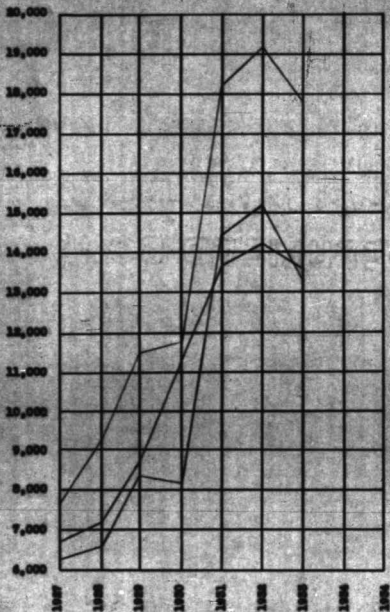
- (b) Activities of a cultural nature including such things as social customs, appreciation of nature, art, music and books as well as conducting meetings; and a personal improvement.
- (c) Strong social and recreational programs featuring dramatics, choruses, orchestras, with a specific recreational project, for example, securing recreation center, outdoor fire place, etc.
- (d) Problem of community and civic interests with a definite community project in which all are engaged, for example, beautification of highways in community.
- (e) Economic projects should be encouraged. These will necessarily be different according to the facilities at hand for each girl. Every girl may not wish to increase her income, however, each should be challenged to make a personal budget and keep personal accounts. The very excellent work in family partnerships being conducted in Minnesota is most strongly recommended, not only from the financial standpoint, but because of that feeling of independence and of security in having a place in the family and a partnership in the family responsibilities.
- (f) Some form of handicraft and a hobby for every member.

(a) Enrollment -

The 45 counties conducting girls work report 297 clubs with 15,524 members. This gives an average of 348 members for each white home demonstration agent and 276 for each negro home agent. (The negro agents do not yet have many adults in organizations.) This is 686 members less than in 1928. Not an actual decrease in the enrollment since there were less counties than in 1928. There would have been an increase had it not been for the fact that much of the time of the agents was given to relief work and also several agents reported a loss of members due to the transition of clubs from the school as a center to the community as a center, however,

as the clubs become better established in the community they are expecting an increase.

The number of girls of club age in each county is being kept before each agent and efforts are being made to expand the program as rapidly as adequate leaders can be obtained and trained.



Green line indicates numbers; Blue line, Projects; Red line, Completions

Length of Time Girls Remain in Club Work in Virginia

Years	1	2	3	4	5	6 & over
1938	5037	4128	3199	1188	811	384
1939	4861	3816	2810	1268	712	381

There was a total of 384 more girls beyond second year club work in 1939 than in 1938.

Distribution of Clubs and Numbers by Districts

Central Virginia

County	Clubs		Numbers	
	1938	1939	1938	1939
Allegheny	12	11	280	308
Amherst	15	14	364	273
Bedford	15	17	418	348
Botetourt	22	15	315	280
Campbell	9	12	220	228
Franklin	10	11	225	184
Halifax	17	7	189	178
Hottelway	7	8	88	110
Prince Edward	8	8	120	119
Roanoke	20	22	302	322
	128	128	2942	2778

Southwest Virginia

Buchanan	0	3	0	81
Carroll	1	6	20	117
Montgomery	17	22	230	267
Tazewell	25	21	417	284
Patrick	-	8	-	220
Henry	-	6	-	141
Wythe	-	2	-	82
	43	78	717	1382

Northern Virginia

County	Clubs		Members	
	1932	1933	1932	1933
Albemarle	20	20	1000	942
Augusta	17	16	265	278
Fairfax	20	23	207	402
Frederick	18	19	222	206
Goochland	21	21	409	422
Highland	21	21	192	242
Loudoun	16	9	242	101
Madison	22	20	211	222
Orange	14	14	222	149
Prince William	15	11	217	194
Sappahannock	6	8	179	124
Spartanburg	12	12	212	221
	<u>212</u>	<u>202</u>	<u>4022</u>	<u>3821</u>

Eastern Virginia

Accomac	20	22	224	447
Annele	22	23	217	224
Brunswick	12	20	247	222
Chesterfield	15	17	222	222
Gloucester	8	7	102	114
Stafford	12	11	122	121
Stafford	12	14	122	122
Suffolk	14	12	222	241
Warren	8	5	74	72
York	9	12	222	222
York	12	17	272	422
York	12	9	277	222
York	2	2	122	122
	<u>122</u>	<u>177</u>	<u>2227</u>	<u>2222</u>

North West Agents

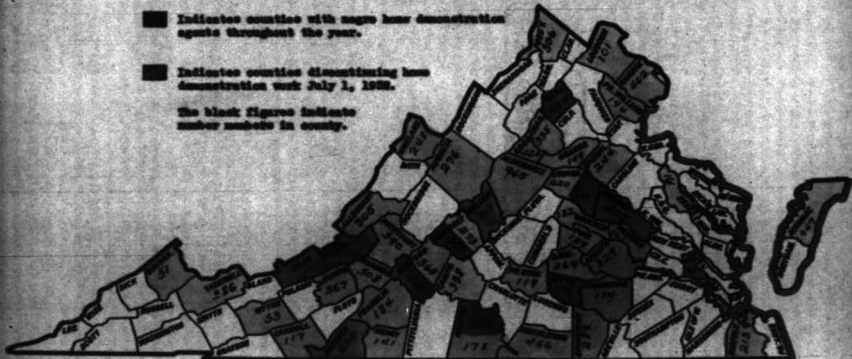
Albemarle	12	17	222	222
Bedford	12	12	412	422
Fairfax	12	22	422	422
Stafford	12	11	271	422
Louis	9	12	212	221
Nelson	12	12	222	211
	<u>22</u>	<u>22</u>	<u>2221</u>	<u>2221</u>

■ Indicates counties with white hour demonstration agents throughout the year.

■ Indicates counties with negro hour demonstration agents throughout the year.

■ Indicates counties discontinuing hour demonstration work July 1, 1938.

The black figures indicate number agents in county.



<u>Year</u>	<u>White</u>		<u>Negro</u>	
	<u>Clubs</u>	<u>Members</u>	<u>Clubs</u>	<u>Members</u>
1922	296	12,021	92	2,141
1923	272	11,290	94	2,264

IV. PROJECT ACTIVITIES AND RESULTS -

1. Types of Projects -

The program for girls in Virginia is a home-making program embracing the three main divisions of home problems, outlined in three projects - clothing, food and nutrition, and home improvement. Each project in turn embraces several phases, each organized on a twelve months basis with definite topics, special work and program suggestions for each month. This gives a nine year progressive program which, when completed, the girl will have received some training along almost every line of home work. A full description of the home economics projects will be found in the printed circular attached to this report.

In addition to the home economics projects there are also projects for the girls in gardening and poultry. These are described in a later section. Special attention was given to a more timely adaptation of the project to the economic needs of the members.

(a) Project Organization -

All members taking the same project in a community are organized into project groups for subject matter instruction. Meetings are held monthly from one to two according to the needs of the group and

the length of time for meetings. Taking any county as a whole, the problems of the home are very much the same, so in order to reach the greatest number of girls in the most efficient way, one of the three home economic projects is selected as a major project for all of the clubs in a county. Each local club has a voice in this selection through its representatives in the County 4-H Club Council where the final decision is made. Each county is advised to take a phase of the same project for two consecutive years, before changing to a new project.

Project reports were required of each member. The responsibility of collecting the reports was placed on the club officers. The leaders make a tabulation of the members reports. This report and the members' reports were filed in the agent's office.

(b) Minor Projects -

While a girl may take but one home economic project in a year she is encouraged to take special work in canning and gardening or poultry. If home conditions do not permit her to take the full work of either of these projects she is urged to do some work in either or both of them, depending on her special need. This work is termed a minor project, the only minor projects are - canning, poultry and gardening.

(c) Contests -

The incentive of gold competition is helpful to club work, however, the prize itself has not been over emphasized. In fact all contests sponsored by the State carried only ribbons which were awarded

on the basis of the grade made. Those making a grade of:

70 to 79 were awarded white ribbons

80 to 89 were awarded red ribbons

90 to 100 were awarded blue ribbons

Local clubs were advised to use this system and to make their own ribbons.

Contests were planned as a definite part of the project work and to serve a specific need. The contests sponsored by commercial concerns were each arranged to accomplish a special objective for the project. The results are discussed under each project. The major emphasis was placed on the local contest, and only club winners could enter county contests and only county winners could enter state contests.

(4) Demonstrations -

Method demonstrations by members are an important part of each project. We feel that the training received in giving a well organized demonstration before a group will do perhaps more to develop the member than almost any other phase of club work. In fact the program plans for at least one demonstration by a member at each meeting.

To encourage quality in demonstrating a state wide contest was planned. The main emphasis was given to the local club contest. The winner then entered the county contest and from there the county winner entered the state contest held during the State Short Course. Twenty-three counties sent entrants. The contests were not competitive but ribbons were awarded according to the grade made.

Demonstrations by individuals are encouraged rather than those by teams since the training and preparation for team demonstrations is usually more difficult. Data is not available for the number of demonstrations by members, however, a total of 206 teams were trained.

(e) Judging -

Knowledge of correct standards is one of the fundamental teachings of 4-H club work. We feel that every member should know how to judge the products with which she works. At intervals the members were asked to bring in products they had made and these were judged by all members. To increase the interest in judging, contests were arranged for each project on the same basis as the demonstration contests, culminating at the State Short Course.

(f) General Results for All Projects -

A total of 17,699 full time projects and 6374 special short time projects were conducted by the 12,654 club members. This shows that 82.22% of the members carried more than one major project. While there was a project completion of 74.5%, results show that 79.7% of the members completed all work.

Special Work -

In addition to the regular project work each member was encouraged to do something special as a contribution to their families. Suggestions for this were given in Section III of this report. Many different plans were used. Several counties used a "thrift campaign" in which each member planned for a specific saving in her home. The results of the Fairfax County campaign show what real accomplishments were made.

"197 club girls completed one or more of the recommended thrift measures in addition to their regular project work. One hundred and forty-five girls and 19 boys cultivated 27 acres of land and the vegetables grown were estimated at \$2425.89 and \$175.64 worth of vegetables were sold. One hundred and

thirty girls filled their pantry shelves by canning 11,578 jars of fruits, vegetables, meats and other products valued at \$2,277.30. Fifty girls made the home flock pay by using better poultry methods. These girls raised 2277 birds at a profit of \$1122.20; 128 girls saved by baking at home at least twice a week during the summer months; 190 girls made at least three improvements in their homes by using available material to repair and making improvements at a small cost to add cheer and comfort to the home - 15 bathing centers were improved, 20 living rooms, 40 dining rooms, 27 bedrooms, and 122 pictures and accessories were improved, 22 chairs were reupholstered and upholstered, 22 slip covers made, 122 windows treated, 22 walls, woodwork or floors improved, 77 new articles made and 49 ready made articles secured at a total saving of \$122.22."

B. Clothing -

Objectives - The clothing program is planned to help each girl study her individual problems so that she may establish good standards of dress and learn to be suitably and economically dressed. Through continual practice of keeping clothing accounts, making annual or seasonal inventory and clothing budgets as well as through the study of problems of construction, selection and care of clothing, help each girl to learn real economy of time and money in relation to clothing herself and her family.

Plan - The three phases of the work are each grouped around a natural unit - first year, The Club Girl's Home Outfit; second year - The Club Girl's School Outfit; and third year, The Club Girl's Afternoon Outfit. This order is the natural sequence, however, it is changed to meet specific needs. The work of each phase follows two main lines, first the construction of the outfit appropriate for 4-H club girls and second,

the daily care of their clothes and accessories.

The third year is planned especially for older girls. Twelve counties majored in first year project, ten in second year, and two in third year.

Adapting the Program - Throughout all of the clothing work care was taken to make use of all available materials and to encourage home cleaning, dyeing and pressing clothes. Through the clothing clinics much help was given in remodeling old clothes, many of which had been cast aside.

Results - A total of 28 counties with 4286 members reported 2026 garments and 522 hats remodeled and 5772 new garments made, totalling 14,526. Another worthwhile saving was effected from the use of food bags, with garments valued at \$209.61 being made from them.

Continued emphasis was placed on making clothing budgets. Reports show that 1879 girls used budgets during the year. The judging of garments and ensembles has been of such importance in establishing standards. Following the instructions given in project meetings, judging contests were held with 1258 members participating.

Style Shows - The Dress Shows contests - club, county, State and National - have made a big contribution to the clothing club program. Not only has there been increased interest in the project, but much more attention is being given to standards, posture, suitability, wise planning and buying, and the many details which go to make the well-dressed person.

The contest was financed by the Chicago Mail Order House. An attractive gold medal was given to the first winner, and a certificate to the second winner in each county, and a trip to the National Club Congress to the state winner. (Provisions of the contest are attached.) Each county had a contest to select the winner for the district contest. Four district contests were held in September, and the best girl in each entered the State contest held at Charlottesville. Katherine Hanson of Norfolk County was declared the State Champion. She was dressed in a grey cotton-tweed ensemble which cost only \$7.00. This included gloves, hat and purse, which she made, shoes, hose and underwear.

Correct Dress Contest - While the work that has been done along this line is not limited to the clothing members, this group has taken the lead. This is not a separate project but an important piece of work in which we are trying to interest and help every club girl and boy.

As the name implies it is intended to teach members to be appropriately dressed and to select their clothing for comfort, health, simplicity, attractiveness, becomingness and economy. Plans were outlined in the State Club Paper which goes to all members. Clipping is attached. This was made the subject for many club meetings. In early summer club contests were held, followed by county contests to select the winners for the State contest which was held during the State Short Course. There were about 70 entrants in the state contest. This was presented as a playette "King Cotton's Court" at club assembly as one of the most

attractive and important features of the entire State Short Course events. Interest in this is on the increase judging by the number of requests from agents for material.

Summary of Results in the Clothing Project

	<u>White</u>	<u>Black</u>
Number counties majoring in clothing -	20	0
Number other counties doing some clothing work -	4	4
Number project groups -	174	0
Number members enrolled -	2004	202
Number members completing -	2044	204
Percent members completing -	76.25	77.25
Number members using budgets -	1224	25
Number demonstrations by members -	772	22
Number members entering judging contests -	247	102
Number garments and hats remodeled -	2222	222
Number new garments made -	7222	1224
Total amount saved from cleaning, dyeing, and remodeling old garments -	\$2221.25	\$271.00
Total amount saved - garments made new	\$2221.00	\$242.00

CORRECT DRESS CONTEST

For Boys and Girls

Club members who attended the state short course last year will recall with keen interest the very attractive presentation made by the entrants in the "Correct Dress Contest." This was staged in real style and was a credit to those taking part.

"What to wear" continues to be an ever present problem, as people are naturally interested in their looks, but not everyone pays as much attention to his appearance as he should.

The purpose of the correct dress contest is to teach all 4-H club members what it is to be appropriately dressed and to select their clothing for comfort, health, simplicity, attractiveness, becomingness and economy. Building on the success of last year, the correct dress contest has found a real place in the club program. Many counties are already at work and clubs are discussing phases of these topics at their monthly meetings.

County and State Contest Regulations

1. County contests must be held just prior to the state short course to select representatives for the state contest at the state short course. Contestants selected in any other way will not be eligible.

2. Each county may enter one girl and one boy in each class.

3. Contestant must be a bona fide 4-H club member, 14 years old or over, and with work up to date.

4. The entire outfit must belong to the contestant. The selection of the outfit may be made with or without guidance.

5. Contestant must submit a statement showing class to be entered and cost of garments worn.

C. Classes are:

- (a) An appropriate outfit to be worn while at work, in the home, on the farm, or while milking.
- (b) An appropriate outfit to be worn at school or outing; picnics, hikes, etc.
- (c) An appropriate outfit to be worn for church, or informal party or dinner.

Boys and girls will be judged in separate classes.

Score Card for Correct Dress Contest

I. General Appearance	50
General design and color	10
Coordination, style	10
Posture	25
Personal neatness, hair, teeth, skin and nails	15
II. Suitability of costume to occasion	25
Correct accessories	5
Correct shoes and hose	15
Purpose	15
III. Economic factors	15
Durability of materials and design	7
Value in relation to cost	8

A person who has the assurance of being appropriately dressed feels at ease, can forget self, and enter wholeheartedly into the activities of any occasion.



Winners in 1932 State 4-H Correct Dress Contest

5. Food and Nutrition -

Plan - The three years of home economics project work devoted to food, approach the subject from three different angles. Each covers a period of twelve months' work, consisting of demonstrations, special activities and home cooperation in meal planning and preparation. Special care was given in planning all meals and demonstrations so that all materials called for could be found in every home. The girls were encouraged to do more home canning and to plan for it more systematically through the use of budgets and to help plan the family garden so there would be the necessary food for both the table and canning. They were urged to learn new ways of serving foods.

A total of 19 counties majored in food and nutrition with 7646 members enrolled. In 25 other counties 5294 members conducted special short projects, chiefly in food preservation.

Phases of Work -

(a) Food for Health - First year project - This is a general foundation project therefore it is recommended to be taken first. It helps the members to establish good food habits by teaching them new and interesting ways of preparing "health giving foods." Through judging the finished product at each demonstration, standards are set up. Emphasis is put on the wise use of home grown foods, the value of the year round garden, and canning fruits and tomatoes. Thirteen counties majored in this project.

(b) Breakfast - Dinner - Supper - Second year Project - This project is built on a practical use of the knowledge gained through the first year's work, by combining the foods already studied into interesting and nutritious meals. During the year, each club plans, prepares and serves at least one meal to which guests are invited. These meals have been very popular and helpful, as well as good means of publicity. Five counties majored in this project.

(c) Meal Planning - Third year Project - Only one county majored in the third year of advanced food work, and even that work for the younger new members had to be supplemented. The "Planning and Serving of Meals" project is new for older girls or Junior Executive groups, hence more advanced things are possible. "Cooking Out Of Doors" proved decidedly the most popular demonstration. The 4-H club fruit cake is another special feature the older girls have enjoyed. This recipe you will see is planned to use only home grown candied fruits.

OUR 4-H CLUB FRUIT CAKE

Along with our continued interest in living-at-home comes the desire to make real home made gifts this year, so we have developed our very own fruit cake, which may be made entirely from your own candied and dried fruits. Of course we don't grow grapefruit, orange and lemons, but when these are purchased as accessories, be sure you save the peel and candy it! The only fruit you actually need buy for this is raisins, and they are so inexpensive and add so much to the cakes that we don't feel that they take away from the live-at-home title given this fruit cake. It is a dark one, nice and moist inside. Small cakes wrapped attractively make an acceptable gift for anyone. Make them now, then wrap well in wax paper until nearer the holiday season and they will improve in flavor.

Here it is, try it!

VIRGINIA 4-H CLUB FRUIT CAKE

- 1 1/2 cup homemade grapefruit peel
- 1 1/2 cup homemade orange peel
- 1 1/2 cup homemade lemon peel
(color some peel green and some red)
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 1/2 teaspoon soda
- 1/2 cup molasses or honey
- 4 eggs
- 2 cups raisins
- 2 cups dates or homemade candied cherries
- 2 cups flour
- 1/2 cup grape juice
- 1/2 cup butter
- 1/2 lb. shelled nuts (any kind)
- 1 1/2 tablespoons cocoa
- 1/2 cup sugar

Cut fruit in desired sizes (scissors help). Sift flour, salt and spices over the fruit and nuts and mix until all are coated with flour. Cream fat. Stir in sugar gradually, then the beaten eggs. Stir in soaked fruits and nuts alternately with the grape juice and molasses. Bake in slow oven for 1 to 4 hours (according to size).

(4) Special Canning Work - Four-H club members made a real contribution to the family food supply, in fact in many instances they did it all. In addition they learned a most valuable lesson through the budget system of planning first. Every club was asked to devote two meetings to food preservation. At first the members were taught how to make a canning budget for their own family and then encouraged to fill this budget, of course this was a family affair. Records show that 2881 girls canned by budgets, and WIF reported that they were actually "living at home." The amount of canning done this year has greatly increased. Thirty-nine counties reported 508,175 containers filled, carrying a value of \$47,898.01. In addition they helped to can 78 hogs and three cows.

Drying fruits and vegetables has also been a big part of the 4-H Food Preservation program - 4,885 pounds of fruits and 5,481 pounds of vegetables were dried.

The budget attached (next page) shows that it is also used as a record.

The best record of canning reported by a club girl is that done by Pauline Martin of Bedford County. This record was for Pauline's trip to the National 4-H Club Congress as one of the two sectional winners from Southern States given by the Kerr Canning Company. She canned 1488 quarts to meet her budget for her family of eight. In the last six years she has canned a total of 5451 quarts. See Pauline's story at the end of this report.

4-H CANNING CONTESTS

No. 13, 653

I wish to enter the _____ Contest and hereby submit the following budget for my family of _____.

Name <u>Ora Bell Mahaffy</u>		Club <u>Stony Point</u>			
Product	Months Available:	Months Stored:	Amount to can:	Record of Canning Done	
	Fresh				
<u>GREENS</u> - 3 times a week	8 mo.		35½ qts.		34 qts.
<u>TOMATOES</u> - 4 times a week	5½ mo.	3	48 qts. for 2		52 qts.
<u>OTHER VEGS.</u> - (Not including potatoes) 7 times a week	6 mo.	4	72 qts.		252 qts.
<u>FRUITS</u> - 2 servings daily	5 mo.	4	125 qts.		405 qts.
<u>MEATS & CHICKEN</u> 1 serving daily:	12 mo.	10	72 qts.		88 qts.
Total			346½ qts.		835 qts.
Total -					

Number containers which I canned alone _____

Number with which I assisted _____

NOTE: Budget on paper to be handed to agent before June 15th - card to be kept for your record of actual canning done and handed in with exhibit at club or county contest.

Contests and Judging - Three canning contests open to all club members and one contest limited to those majoring in Foods were sponsored by commercial concerns. The canning contests were used especially to promote more interest in the canning budgets. Much progress was made in this as well as in establishing standards. Each girl was required to enroll in the contest which she selected by making a canning budget for her family. A copy was filed with her agent. In the contests in October she brought her budget showing to what extent it had been reached. This was judged with her exhibit. Here also the members entered judging contests.

In order to help the agents improve their own standards, four district contests were held, to which each agent brought the winning county exhibit. The State Food Specialist and State Agent attended each of the meetings and gave training in judging, after which a committee of agents were unanimous in saying that these contests had been of inestimable help to themselves as well as to the members. Reports show that 1122 girls entered the contests and that 942 exhibited 2900 jars. The premiums included \$100 in money prizes, three scholarships to the 1934 State Short Course, 22 gold medals, a gold watch and a trip to the National Club Congress.

Club members were also encouraged to enter the National Canning Contests. Reports have been received from two showing that a total of \$246.50 was received in money. This included the first prize of \$100.00

was by the Free Union club of Albemarle county and the third prize of \$20.00 was by the Fletcher Club in Green county, for the best twelve jars exhibited by a club.

The one contest limited to food club members also carried a contest for leaders. This was used to stimulate interest in completing the project. Five thousand three hundred and eighteen members entered and 3075 made exhibits of biscuits. Ribbons were awarded each club winner, and the two highest ranking girls in each county were given handsome club pins. The leaders of the two clubs doing the best work also received the official leaders pin. Scholarships were given to the state champion for both leaders and girls for the 1934 State Short Course.

Summary of Results in Food and Nutrition Project

	<u>White</u>	<u>Foreign</u>
Number counties entering in foods -	13	6
Number other counties doing some foods work -	26	-
Number project groups -	312	94
Number members enrolled -	3761	1882
Number members completing -	4885	1075
Percent of members completing -	54.7%	54.2%
Number members using cooking budgets -	2222	273
Number jars canned -	273,422	25,247
Total value jars canned -	\$22,021.31	\$2,204.50
Number pounds dried fruits and vegetables -	3124	2400

Home Improvement -

Plan - This project is planned to interest the girl in making her own home as attractive as possible. Emphasis is placed on making the best use of materials at hand, with careful planning for the wise use of money, time, and energy. The work is divided into three phases, each covering one year: First year, The Club Girl's Room; second year, The Club Girl's Home; and third year, A Girl's Home Management Project. The third year project is planned particularly for older girls.

Throughout the project two main objectives were kept before the girl, to make her own room comfortable and attractive at little cost and to develop interest and pride in her entire home, by encouraging her to share in its responsibilities.

Adapting the Program - The scarcity of money to spend for home improvements necessitated more careful planning with each girl on her own problem. Ingenuity was never more sought in trying to make improvements which did not call for money. Much attention was given to cleaning, repairing, rearrangement, and the daily care of the room. Making budgets and keeping accounts was stressed as good business practice as well as an economy measure.

Results - There were five counties majoring in home improvement with eight others doing some work, in all there were 2000 members. Many of the Junior Home-maker clubs have used the home management project as a basis for their year's program, although this was not the county's major.

Reports show that 8422 rooms and 271 porches were improved at a total saving of \$2148.25, and 1020 members improved home storage space. One of the very encouraging results was the increased interest shown in keeping personal accounts and making personal budgets - 512 girls did this. A saving of \$2064.00 was effected through repair of furniture, refinishing woodwork and walls, etc. ^{and so forth.}

Judging - In home improvement work judging heretofore has been rather difficult due to the variety of articles involved as a new plan was started. In this the entire room is scored and in a contest rooms are judged rather than the separate units. This has been more interesting although the judging more difficult because the rooms selected would often be in different homes.

Contests - A contest was planned based on the completion of the regular project requirements. This was merely used as a method in trying to get the work finished up on time and to name the club, county and state champion in this project. Data is not available to show to what extent this helped. Club pins with guards were awarded the two high ranking girls and the two leaders whose club had made the most progress in each county.

Summary of Results of Home Improvement Project

	<u>White</u>	<u>Negro</u>
Number counties majoring in Home Improvement -	5	0
Number other counties doing some home improvement work -	5	5
Number project groups -	96	31
Number members enrolled -	1507	145
Number members completing -	1501	137
Percent of members completing -	78.9%	78.5%
Number members using personal accounts -	334	-
Total number rooms and porches improved -	5475	76
Total amount saved on all articles and improvements		
	Made - \$3,165.00	\$165.00

G. Garden -

Plan - The work of the garden project is planned to interest the members in the family garden, that is cooperate with the family in making the garden adequate or to have a garden where previously there has been no garden. No specific requirements are made except for the cultivation of a minimum amount of ground. This is an individual project and specific plans were made with each member so as to make the project serve the greatest purpose. The project is on a year round basis since one of the chief aims is to promote successional plantings in order to provide the family with some fresh vegetables at all times.

The garden and the food and nutrition projects are very closely related. The aim of the latter project is to help the members know what is meant by an adequate diet and then to plan the garden so that the necessary food may be secured to serve fresh for the table and to store or can to meet the needs of the family food budget.

Results - Twenty two counties reported work with 419W members with gardens. These members cultivated a total of 1260 1/2 acres with 1285 members having fall gardens. No data is available to show the value of all vegetables raised.

Many members took as their special responsibility to provide the family with fresh greens. As a result of this the members have become more interested in eating greens of all kinds. Attention was also given to raising and learning to eat new vegetables. One thousand two hundred and twenty members reported that they had raised new vegetables.

In having the gardens planned on a family partnership basis many of the members have come to realize that they have a definite share and responsibility in the family group. Here's what a club girl in Highland county said of her first year of garden work:

"The first year I chose the gardening and foods projects. It was a new experience for me. We had raised a garden every year on the farm, but I had never helped with the garden. I just assumed that it was the parents' duty to raise and care for the garden. I never realized that perhaps part of the responsibilities were mine.

Although the work was hard I enjoyed it. I got as much pleasure out of planting the seeds and then watching the tiny plants as they grew. I did not sell any of my garden products because there is practically no market for garden products in this locality. They could all be consumed by the family.

I got my first canning experience by canning the products from my garden. Although I had often seen my mother canning food, I really knew very little about canning. I attended a canning demonstration given by the home demonstration agent, and then with the help of my mother I began to can. I liked to see that I had a part in providing the winter supply of food for the family. I came to appreciate the value of good wholesome food all the year through."

At the end of the third year she adds:

"The improved methods learned in my project work in food preservation, gardening and clothing has enabled me to help my family make the family income go as far as possible in meeting family needs."

Summary of Results of the Garden Project

	<u>White</u>	<u>Negro</u>
Number counties with garden project work -	18	5
Number members enrolled -	1565	1594
Number members completing work -	1503	678
Percent of members completing work -	76.9%	42.5%
Number acres in gardens -	1099 $\frac{1}{2}$	143
Number members having gardens for the first time -	390	197
Number fall and winter gardens -	672	153
Number members raising new vegetables	657	353
Estimated value of vegetables in gardens -	\$55,100.00	\$4,977.00

4. Poultry -

Plan - The poultry project is planned to help the member meet the special problems in managing the family flock or in managing a flock of his own. It is divided into four units, Brooding and Rearing, Egg Laying, Breeding, and a fourth in which the members may specialize. These may be taken in any order that seems best to meet the individual needs; however it is recommended that beginners start with the Brooding and Rearing Unit.

Results - As a club project, poultry work has not reached a place of much importance in the girls work. The state poultry specialists are of the opinion that the adults feel that the income now derived from the home

flock is of too much importance for them to allow the children to take the home flock as their project. In only a very few cases are there facilities for the child to have a separate flock. With this in mind efforts are now being directed to make the poultry a partnership project with the mother and her family. No much individual help is required from the agent that they are being advised not to attempt a large enrollment but rather a limited number each year and to make these real demonstrations and definite partnerships.

Twenty counties reported 600 mothers enrolled with flocks valued at \$9,480.02, with a total profit of \$9,544.94.

Summary of Results of the Poultry Project

	<u>White</u>	<u> Negro</u>
Number counties enrolled in poultry project work -	19	1
Number mothers enrolled -	645	15
Number mothers completing -	436	6
Percent of completions -	67.6%	60%
Number flocks culled -	242	2
Total profit -	\$9,544.94	-

✓ Growth Work -

This is the term given to the Health II program in Virginia. It is not a separate project but a part of the training which every mother

should get in club work. It aims to teach the member standards for her own development just as we teach her standards in her project work. The program in detail is given in the attached clipping.

THE GROWTH WORK PROGRAM FOR 4-H CLUB MEMBERS

Slogan—A Sound Mind in a Sound Body
Object:

The object of the 4-H growth work program may be stated in the terms of the club pledge, "My Health to Better Living." It is planned to teach the club member standards for his own development just as we teach his standards for his club products.

Procedure:

Growth work is not a separate project but a part of the training which every member should get through the 4-H club. The greatest value will be found in the local club where each club member will be working on his own problems. At the beginning of the club year, members should be examined, using the self rating chart. A second check should be made in the early summer to note progress.

Each member should determine to make certain definite improvements in himself and in turn each club should select several of the growth work standards to study during the year. A part of each meeting might be devoted to this, sometimes a few minutes in all that will be needed. Sponsors among the members, a girl and a boy, might be appointed to help them in establishing the correct habits advocated.

Club, county and state contests are planned merely to stimulate interest and are not an end in themselves.

Club Contest

Each club should hold a contest to check progress of its members and to select representatives, one girl and one boy, for the county contest.

County Contest

The two winners in the club contest must bring their examination records and be examined in the county contest. This should be held just prior to the state contest. Examination should be made by a doctor.

State Contest

Only county winners will be eligible for the state contest. This will be held during the state short course. The records of each contestant must be sent to the state office one week before the state short course. A special form will be used for this. The state winners will be eligible to enter the national contest held during the National Club Congress.

GROWTH WORK STANDARDS

Some important characteristics of a sound body:

1. A strong, erect, bony structure.
2. Clean, sound teeth.
3. Firm, strong muscles.
4. Clear, soft, smooth skin.
5. Enough fat under the skin.
6. Consistent increase in height & weight.
7. Good poise, ability to relax.
8. Good vision.
9. Good hearing.
10. Healthy throat.
11. Normal heart action.
12. Healthy lungs.

How to acquire these characteristics and keep them:

1. Practice good food habits. Eat three wholesome meals a day, including 1 quart milk, 3 or more vegetables, 3 or more fruits. Eat few sweets between meals. Drink 6 glasses of water.
2. Weigh often, at the same time of day, and watch for increases in weight and in height.
3. Get plenty of sleep, with windows open; 10½ hours for 10-14 years, 9 to 10 hours for 14-16 years. Spend at least an hour out of doors. Rest or relax for one-half hour.
4. Work for good posture by training weak or relaxed muscles, and by assuming good positions in standing, sitting and working.

Important points in good standing posture are: Head erect. Chest held forward of abdomen. Abdomen flat. No exaggerated curves in spine at neck, shoulders or waist. Feet parallel. Weight balanced over center of feet so that ear, shoulder cap, joints of hip and knee, and ankle bone are in alignment.

Important points in good sitting posture: Sit with abdomen flat, bend from the waist. It is as necessary for the body to relax at times as to hold itself erect.

5. Practice personal cleanliness. Take a full bath at least twice a week. Change clothing at least twice a week. Brush teeth at least twice a day. Wash hands before meals and after going to the toilet. Have daily elimination.

6. Be a Five Pointer. During school life have at least one complete physical examination by a doctor and correct physical defects as needed.

Test vision (each eye separately). For normal vision be able to read line 20 on the Snellen eye testing chart at a distance of 20 feet. If below normal, be examined for glasses or other correction.

Test hearing (each ear separately). A sentence said in conversational tone should be understood at 20 feet.

Examine teeth. Should be clean, no exposed roots, or unfiled cavities. It is best to be checked by a dentist.

Examine throat. Should be unblotched, no symptoms of trouble with tonsils and adenoids. (Preferably checked by physician.)

7. Obtain necessary immunization. Be vaccinated for smallpox. Be immunized for diphtheria if you are under 12, (only when proved necessary by the Schick test if over 12). Consult your physician about taking typhoid serum if the disease is in your community.

What are the characteristics of a sound mind? (1) Balanced interests. (2) Controlled emotions. (3) Faith in one's self and others.

How may these be acquired? (1) Master time. Develop efficiency in work. Make definite program of work. Plan for at least one hour outdoors and one-half hour rest daily.

(2) Train mind. Don't drift; make a plan for each day. Plan definite study whether in school or not. Develop a worthwhile hobby.

(3) Cultivate desirable traits of character. Learn to face and settle each problem as it arises. Learn to recognize beauty and get joy from out of doors, music, people and things. Learn to like people and to work with them. Grant to each the right in his own opinion. Appreciate friends. Strive to control strong emotions, such as anger, fear, disappointment.

The State Department of Health and the County Health Units are cooperating in putting across this program. Emphasis is placed on the work of the local club. Contests are held by the local club and the winners selected for the county contests. County winners were selected by a thorough examination made by doctors. Each county contestant brought a report of her examination to the State contest held during the State Short Course. Thirty-two counties conducted this work with 5695 members taking an active part. Of this number 1400 were given a thorough examination. The contest this year is the largest we have ever had. Thirty-two counties entered girls. The State winner for girls, Virginia Swartz of Botetourt County, was sent by the county to the National 4-H Health Contest in Chicago. (An account of the state contest is given in the attached clipping.)

STATE GROWTH WORK CONTEST

Interest in the State growth work contest ran high this year. There were forty county contestants, all of whom made a grade of 85 or over, thus making it more difficult to select the champions. Dr. B. B. Bagby and Miss Nancy Vance of the State Health Department were judges and were most enthusiastic over the high averages made by the group.

The contest for the girls was exceedingly close. There were thirty-two and selecting the winner was a difficult job. The championship for the girls was won by Virginia Swartz, of Botetourt. Alleghany County duplicated its feat of last year when Joe Edwards was awarded the championship for the boys. Joe also showed the best set of teeth among the boys.

Seven girls had perfectly sound teeth. Camille Kere, also of Alleghany, "out-performed" her fellow contestants on the basis of conformation, her teeth being rated perfect.

As to feet, Pauline Clowser, of Frederick County, and Buster Guy, of Accomac, made the best display. High arches, straight toes and a lack of corns or bunions were shown in these two as examples of proper foot culture.

Virginia Smith, of Madison, and Charles Wood, of Hampshire, won distinction for having the best posture.

Virginia Swartz and Joe Edwards are eligible to enter the National 4-H Health Contest to be held at the National 4-H Club Congress, Chicago, in November.



County Winners in State 4-H Green Work Contest: Girls: Virginia Swartz, Botetourt; Mabel Davis, Roanoke; Pauline Cruise, Patrick; Candis Kern, Alleghany; Roba Price, Montgomery; Montgomery McClung, Highland; Dolly Dean, Chesterfield; Jennie Hill, Orange; Helen McCall, Tazewell; Ellen Pyrite, Gooseland; Mary Towell, Augusta; Pauline Clowers, Frederick; Cora Ann Alton, Prince Edward; Mary Ellen Wood, Powhatan; Ella Cook, Amelia; Margaret Fontana, Norfolk; Virginia Smith, Madison; Catherine Edwards, Fairfax; Frances Payne, Roanoke; Doris Bishop, Campbell; Margaret Bolota, Accomac; Emily Jones, Brunswick; Elizabeth Childrey, Henrico; Marie Copps, Prince William; Edith Lowry, Bedford; Nell Keene, Buchanan; Lois Simard, Spotsylvania; Beatrice Smith, Carroll; Addie Lee Jarman, Grover; Agnes Thompson, Henningburg; Margaret Hankin, Loudoun.

Boys: Joe Edwards, Alleghany; Ralph Turner, Patrick; Marvin Frasse, Chesterfield; John Galbraith, Gooseland; Bob Moffett, Augusta; Buster Gay, Accomac; Charles Wood, Rappahannock; and Robert Stewart, Orange.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
 VIRGINIA A. & M. COLLEGE AND POLYTECHNIC INSTITUTE AND U.S. DEPARTMENT
 OF AGRICULTURE COOPERATING

GROWTH WORK REPORT FOR COUNTY AND STATE CONTESTS
 (Adapted from Nevada Score Card)

Name _____ Postoffice _____ of County _____
 Age _____ Height _____ Weight _____ Sex _____

	Perfect Score	Actual Score
I. NUTRITIONAL CONDITION -		
1. How does weight compare with the average weight for height and age? Does this seem too much or too little for width of shoulders, hips, width and depth of chest, size of bones	5	_____
2. Muscles firm, sufficient flesh	7½	_____
3. Limbs straight, indicating good bone growth, no signs of previous rickets	7½	_____
4. Skin clear, smooth, neither too dry nor too moist, good color, free from blackheads, good color in mucous membrane:	5	_____
5. Facial expression normal	2½	_____
II. POSTURE - ERECT AND WELL BALANCED -		
1. Head erect, chin in	2	_____
2. Back straight, no abnormal curves at neck or waist	3½	_____
3. Shoulders even, shoulder blades flat across back	3	_____
4. Chest broad, deep, held somewhat in front of abdomen ..	2	_____
5. Abdomen normally flat	2	_____
6. Weight balanced over center of feet so that ear, shoulder, hip, joints of hip, knee and ankle bone are in alignment :	3	_____
7. Ankles strong and straight	2	_____
III. CHEST -		
1. Lungs - good expansion, healthy condition as determined by stethoscope, etc.	7½	_____
2. Heart - Healthy condition as determined by stethoscope :	7½	_____

	: Perfect :	: Actual :
	: Score :	: Score :
IV. HEAD AND THROAT -		
1. Hair - Clean, scalp healthy, free from dandruff	1	_____
2. Eyes - (a) Clear, bright, without dark circles or puffiness :	2	_____
(b) Vision at least 20/30 without or with glasses :	4	_____
(c) Lids clean and free from irritation	1	_____
3. Ears - Clean, clear, hearing normal	2	_____
4. Nose - Clean, unobstructed breathing	2	_____
5. Mouth and teeth		
(a) Teeth clean, even, strong, free from unfilled		
cavities. No tartar.	3	_____
(b) Gums clean, firm, pale pink, no receding, no sores	1	_____
6. Throat - Clear, breathing unobstructed, tonsils in		
healthy condition or removed	2	_____
7. No enlarged glands in neck	1	_____
8. Thyroid gland not enlarged	1	_____
V. FEET -		
1. Clean, pliable, arches in good condition, toes straight	2	_____
2. Feet held straight forward or almost so	1	_____
3. No corns, bunions or callouses, nails in good condition	2	_____
VI. HANDS -		
1. Clean and smooth	1	_____
2. Nails clean, sensibly trimmed, no nail biting or hang nail	1	_____
VII. STABILITY OF NERVES -		
1. Good self control as indicated, no nervous habits,		
ability to relax and rest	7½	_____
VIII. GENERAL APPEARANCE -		
1. Poise, alertness, wholesome attitude, cheerful disposition	5	_____
TOTAL	100	

Examined by _____

Date _____

Summary of Project Work

White and Negro Agents -

<u>Project</u>	<u>Number Counties</u>	<u>No. Project Numbers</u>	<u>Number Completions</u>	<u>Percent Completions</u>
Clothing	22	4394	2842	76.2
Food and Nutrition	45	7645	5995	77.8
Home Improvement	11	2025	1282	74.5
Garden	24	5197	2077	39.7
Poultry	20	655	442	67.4
Total -		17,699	15,300	74.5

V. SPECIAL CLUB ACTIVITIES -

1. Four-H Club Camps -

The 4-H club camp is an important factor in the development of members and in stimulating them to a continuance of the club program. An effort has been made to distribute camps so that some camp will be accessible to all counties. In some instances a number of different counties will hold a camp together. This is referred to as a district camp. County camps are being encouraged whenever suitable facilities may be found because so many more members are reached.

Comparative Data on Types of Camps

<u>Types of</u>	<u>Number</u>	<u>Counties Represented</u>	<u>Attendance (Males)</u>	<u>Attendance (Females)</u>	<u>Average Days</u>	<u>Average cost per member</u>	
District	6	41	410	201	26 1/2 days	\$2.22-1/3	
County	4	4	121	000	20	4 days	\$2.20

The figures given in the table show that where county camps were held the attendance of girls per county averaged 40.2 while the attendance of girls per county at district camps averaged only 10 and the attendance of both boys and girls only 17.8. While the table shows that the cost per member was about the same, the transportation from the several counties to the district camp greatly increases this cost. It appears, therefore, the county camp is less expensive and more efficient. A comparison of the programs gives no special advantage to either. The state short course is for club delegates from each county.

Special effort has been made to build up more constructive and interesting programs and to develop better camp organization. The State Girls' Club Agent met with camp committees, assisted in making the camp programs, and in securing assistance. She aims to attend those camps where the agents in charge are new, in order to help train them.

4-H Camps Held in 1928 -

Camp	Place	Attendance			
		Boys	Girls	Men	Women
Bedford County	Camp Mathers	0	40	0	8
Montgomery County	Crockett Springs	0	35	0	1
Annehart County	Sweet Briar College	0	41	0	8
Jamestown District	Jamestown 4-H Camp	68	107	1	11
Empden Sydney "	Empden Sydney College	94	149	9	19
Fairfax County	McLaria School, Greenway	0	45	0	8
Petersburg District	Jamestown 4-H Camp	58	78	11	18
Eastern Shore "	Cockshnock Beach	25	19	0	3
State Short Course	V. F. I., Blacksburg	185	219	14	65
Roanoke State Short Course	Va. State College, Petersburg	90	114	11	12
Cape Henry District	Cape Henry	32	28	6	6
Northern Virginia "	Jamestown 4-H Camp	24	31	2	6
		574	1064	30	148

DAILY SCHEDULE OF STATE SHORT COURSE
JULY 24-29, 1933

Monday

Arrival and registration
Supper 6:30 P. M.

Tuesday, Wednesday, Thursday, Friday

FORENOON

6:15 First Call.
6:45 Assembly.
6:50 Morning devotional on lawn in front of dining room.
Breakfast.
7:00
8:15-12:00 Classes and team demonstrations.
Lecture conference—Room 211, Patton Hall

AFTERNOON

12:30 Dinner.
1:15-2:15 Rest period.
2:30-3:30 Club assembly—Lyric Theatre.
3:30-5:30 Recreation—committee meetings on first floor of Second Academic Building, county meetings, or trips with agents and leaders in charge.
5:30 Recall—Get ready for supper.
6:00 Supper.
6:30 Visitors on lawn about 50 yards from and in front of First Academic Building.
7:00-Dark Joint games on drill field.
Dark-8:30 Evening program—War Memorial Building.
9:30 Tattoo—Go to rooms and retire.
10:00 Tape—No talking after tape.

Saturday

Leave for home after breakfast.

Friday

7:00 P. M. Annual All-Star ceremonial. All Short Course members will attend.

Daily

7:30-8:30 A. M. and 8:30-7:30 P. M. Office hours for Dr. Weeban at Indiana

COURSES OF INSTRUCTION

LIVESTOCK JUDGING

Place: Judging Pavilion and Vicinity

8:15-11:30 Tuesday, Wednesday, and Thursday the time will be divided in four periods. The group taking this course will be divided in four sections and each section will be given instruction in four classes of livestock each day.
Friday a judging contest will be held to give students experience in such contests and as an aid to county agents in selecting their teams.

Horses—Prof. H. E. Hunt Sheep—Paul Swaffar
Beef cattle—K. E. Litton Hogs—George C. Herring

(2)

AGRONOMY AND FORESTRY

Place: Agronomy—Room 407, Third Floor, Agricultural Hall
Forestry—Front steps of Agricultural Hall

Tuesday—
8:15-9:45 How to make the club project a real demonstration. (Good seed, soil improvement and cultural practices)—R. C. Harvey
Lumber—the measurement and value—J. W. O'Byrne
10:00-11:30

Wednesday—
8:15-9:45 Crop seed identification—R. C. Harvey
Sawing—scaling for their board foot contents—J. W. O'Byrne
10:00-11:30

Thursday—
8:15-9:45 Wood seed identification—R. C. Harvey
Standing timber—estimating contents and value—J. W. O'Byrne
10:00-11:30

Friday—
8:15-11:30 Visit to Experiment Station, and College Farm.

AGRICULTURAL ENGINEERING

Place: Assembly Room Davidson Hall and Agricultural Engineering Laboratory

Tuesday—
8:15-9:00 Engineering for the farm—C. E. Seitz
9:00-10:15 Farm building plan service; blue print reading; bills of material—H. H. Gordon
10:30-11:30 Rural electrification—V. R. Hillman

Wednesday—
8:15-9:15 Farm water supply—F. B. Potter
9:15-10:15 Farm machinery and power equipment—J. W. Sigron
10:15-11:30 Demonstrations of power, machinery, electrical and water supply equipment in Agricultural Engineering Laboratory—Department Staff

Thursday—
8:15-9:00 Surveying and surveying instruments—F. B. Potter
9:00-11:30 Farm surveying practice—Department Staff

Friday—
8:15-9:00 The soil erosion menace and its control—J. A. Waller, Jr.
9:00-11:30 Laying out terraces—Department Staff

GARDEN

Place: Room 306, Agricultural Hall

Tuesday—
8:15-9:05 Planning the fall garden.
9:10-11:30 Practicum: Planting and fertilizing the fall garden—L. B. Dietrick

Wednesday—
8:15-9:05 Garden implements and their use.
9:10-11:30 Practicum: Assembling and using garden implements—L. C. Beamer

Thursday—
8:15-9:05 Garden pests and their control.
9:10-11:30 Practicum: Identifying garden pests; spraying and dusting work—L. B. Dietrick

Friday—
8:15-9:05 Marketing surplus garden products.
9:10-11:30 Practicum: Grading and storage of vegetables—L. C. Beamer.

(3)

GENERAL DAIRY

Place: Dairy Husbandry Building and Dairy Barns
Tuesday—

8:15-9:15 Milk and its constituents. (A chemical examination of milk)—R. G. Connally
9:20-10:20 Fitting dairy cattle for the show ring—R. W. Dickson
10:30-11:30 Dairy cattle feeding—where the feed goes and how it is paid—W. F. Sadler

Wednesday—
8:15-9:15 Bacteria that live in milk and how to control them. (A microscopic examination of milk)—R. G. Connally
9:20-10:20 Training and showing dairy cattle—R. W. Dickson
10:30-11:30 Dairy cattle feeding—how to select the right feeds—W. F. Sadler

Thursday—
8:15-9:15 How to judge a bottle of milk—R. G. Connally
9:20-10:20 How to recognize and estimate good dairy cattle farm—R. W. Dickson
10:30-11:30 Dairy cattle feeding—how to balance a ration—W. F. Sadler

Friday—
8:15-9:15 How milk may be tested for quality—R. G. Connally
9:20-10:20 Selective and comparative dairy cattle judging—R. W. Dickson
10:30-11:30 Dairy cattle feeding—a feed identification contest—W. F. Sadler

Note: Enrollment in each of the above classes is limited to 100 or less.

SPECIAL DAIRY CATTLE JUDGING

Place: Dairy Husbandry Building and Dairy Barns
8:15-11:30 Each day. Advanced dairy cattle judging—P. M. Beavon

GENERAL POULTRY

Place: Dairy Husbandry Building

Tuesday—
8:15-9:00 Introduction of subjects
9:10-9:50 Origin of breeds—Miss Beatie Hodden
10:30-10:40 Housing—Harry L. Moore
10:50-11:30 Parasites—A. L. Dean

Wednesday—
8:15-9:00 Introduction of subjects.
9:10-9:50 Exhibition judging—A. L. Dean
10:00-10:40 Home fustures—H. L. Moore
10:50-11:30 Selecting for pop—A. L. Dean

Thursday—
8:15-9:00 Introduction of subjects
9:10-9:50 Production judging—R. L. Bryant
10:00-10:40 Business in poultry—Miss Beatie Hodden
10:50-11:30 Natural and artificial brooding—A. L. Dean

Friday—
8:15-9:00 Feeding—R. L. Bryant
9:10-9:50 Eggs—H. L. Moore
10:00-10:40 Fur and feathers—A. L. Dean
10:50-11:30 Identification of breeds—Department Staff.

(4)

SPECIAL POULTRY JUDGING

Place: V. P. I. Poultry Plant
Time: 9:30 to 11:30 each day
Instructors: H. L. Moore, E. L. Bryant, Miss Bessie Hudson

4-H CLUB GIRLS' CONFERENCE

Theme: "Today's Girl Looks at the World"
Patton Hall Auditorium
Miss Hallie L. Hughes, Chairman

Tuesday—

- 8:15 Greetings—Miss Maude Wallace, State Home Demonstration Agent.
The club girl's opportunity for service—Miss Gertrude L. Warren, Club Organization Specialist, Washington, D. C.
8:40-8:50 Who's who
8:50-9:30 Today's girl takes her place in the family group—Dr. M'Lodge Moffett, Dean of Women, State Teachers College, Radford, Virginia
9:30-10:15 Group discussions

Wednesday—

- 8:15-8:45 Report of Tuesday's discussions
8:45-9:15 Today's girl plans an abundant life—Dr. Robert W. Miles, Pastor Westminster Presbyterian Church, Lynchburg, Virginia
9:30-10:15 Group discussions

Thursday—

- 8:15-8:45 Report of Wednesday's discussions
A man looks at the home—Dr. William Arch-er Wright, Executive Secretary, Board of Christian Education, Virginia Conference M. E. Church, South, Richmond, Virginia
8:45-9:15 Today's girl takes her place in the community—Mrs. Henry S. Ely, Suffolk, Virginia
9:30-10:15 Group discussions

Friday—

- 8:15-8:45 Report of Thursday's discussions.
A woman looks at the home—Mrs. N. E. McDonald, News Ferry, Va.
8:45-9:15 Today's girl looks at tomorrow—Dr. Arthur E. Holt, Social Ethics, The Chicago Theological Seminary, Chicago.
9:30-10:15 Group discussions

Chairman for discussion groups—Miss Sylvia Slocum, District Home Demonstration Agent, Room 109
Director of open forum for Junior Homemakers—Miss Sally Gay Davis, District Home Demonstration Agent, Auditorium

Discussion Leaders:

Miss Helen Ricks, District Home Demonstration Agent, Room 109
Miss Mary Settle, State Home Improvement Specialist, Room 111
Miss Janet Cameron, State Food and Nutrition Specialist, Room 113
Miss Jesse Hammerly, Roanoke County Home Demonstration Agent, Room 205
Miss Sarah Pitts, Prince William County Home Demonstration Agent, Room 215
Miss Nora Miller, Henric County Home Demonstration Agent, Room 221
Miss Marian Lawrence, Henrico County Home Demonstration Agent, Room 229

HOME ECONOMICS JUDGING CONTESTS

Tuesday 4:30 to 8:30 P. M.
Food and Nutrition: Basement of the Y. M. C. A.
Caching: Room 113, Patton Hall
Home Improvement: Assemble at Infirmary

HOME ECONOMICS DEMONSTRATIONS

Daily 10:30 to 11:30
Miss Edith Vaughan in charge
Tuesday and Wednesday: Dining Hall upstairs, side entrance
Thursday and Friday: Auditorium, Patton Hall
Schedules for these demonstrations will be posted at the girls' barracks. Those demonstrating must see Miss Vaughan the day before their demonstrations are to be given in order to check supplies and to make other arrangements.

4-H CLUB TEA

Y. M. C. A. Lounge
Thursday 4:15 to 8:15 P. M.
For all attending the State Short Course

PLAY HOUR

7:15 to dark, Drill Field
Directed by
Miss Dorothy Sharitz and Miss Nellie Talley

RECREATION AND SONG LEADERS TRAINING COURSE

Basement of Y. M. C. A.
Directed by
Miss Dorothy Sharitz and Miss Nellie Talley
10:30-11:15 4-H club chorus
11:15-12:30 Recreation class
These leaders will direct the group at play hour.

4-H LEADERS CONFERENCE

Place: Room 211, Patton Hall
9:30 to 10:30 each morning
Officers of the State Leaders Organization will be in charge
Mrs. Paul Keeler, president
Mr. Dick Griffith, vice-president
Mr. G. E. Finkbeiner, vice-president
Miss Alma Whittington, vice-president
Mrs. G. A. Hallman, secretary-treasurer
Tuesday: Legislative problems affecting education—Dr. Julian A. Burruss, President, V. P. I.
Wednesday: The agricultural situation—Mr. John E. Hutchison, Director, Virginia Extension Service.
The farm adjustment act—Mr. B. L. Hummel, Rural Organization Specialist, Virginia Extension Service.

Thursday and Friday:

Responsibilities of rural leaders and social adjustment—Dr. Arthur E. Holt, Social Ethics, The Chicago Theological Seminary.

STATE 4-H CLUB DEPARTMENT

Hallie L. Hughes, State Girls' Club Agent
Gordon A. Egan, State Boys' Club Agent
Irene M. Hudson, Secretary

PROGRAM

15th Annual

4-H

Boys' and Girls' State Short Course

July 24 to 29, 1933



Watch the Daily
"4-H CLOVER LEAVES"
for Announcements

VIRGINIA POLYTECHNIC INSTITUTE
AND
AGRICULTURAL AND MECHANICAL COLLEGE
BLACKSBURG, VIRGINIA

State Short Courses - The State Short Courses for 4-H club boys and girls is held annually the last week of July at the State Agricultural College.

The State Girls' Club Agent is responsible for the girls' program and with the State Boys' Club Agent for the management of the short course. The resident staff of the Extension Division, the district agents, and designated farm and home demonstration agents put on the short course. They are assisted by the All Stars, the older boys and girls who are largely responsible for the splendid organization and spirit which predominates.

Since the State Short Course is planned to stimulate the work of every club, we have aimed to have representatives from every club attend rather than a large delegation from one club. A minimum age limit of fourteen years is required.

The attendance records show that 58 counties were represented with a total of 718 individuals, divided as follows - 519 girls, 198 boys, 28 leaders, 28 All Stars, 28 county and district agents, and 13 special assistants. This is 18 less than last year, not bad when it is remembered there has been little cash in the country this year. The total cost to each member for registration and board from supper Monday evening to breakfast Saturday morning is \$5.00.

The program is planned to give a good mixture of information, recreation, fun and fellowship. It is very carefully developed so that every phase is made as attractive and enjoyable as possible. Every

opportunity is used to develop leadership and initiative. The members are put in charge of various events and all meetings are presided over by the State Club Officers. The accompanying folder gives the plans for the week's events.

"The Club Girls' Conference" which proved so successful the last two years was continued this year. This was held for two hours each morning. The theme of the conference was "Today's Girl Looks at the World." See program attached for daily discussions. Following the presentation of the day's topic the girls met in smaller groups with adult discussion leaders to air their views on the subject. A combined report of the day's discussions was presented the following day. Every effort was made to get interesting, capable and worthwhile people to present these topics. We feel that it will mean much to the girls to have such contact with prominent men and women representing different professions. A brief resume of the summary of their daily discussions is attached. The girls seemed delighted with this plan and splendid reports of it continue to come from the counties.

The Junior Homemakers, or older girls, (those 15 years and over) conducted a special forum each day. The same topics and plans were followed. It was very gratifying to note the increase in the number in this group.

Recreation - In addition to the special courses for boys and girls, training was given in song leading and recreation and chorus work.

Each county was allowed to have a delegate in each of these courses. This work has been increasingly popular and seems to be meeting a real need back in the home clubs. These courses and all of the recreation entertainment was directed by three former 4-H club girls, Dorothy Sharita, Nellie Talley and Helen Drisker. Helen is the only one who has had any training for this other than that received in 4-H club work.

The game hour following vespers each evening was one of the most enjoyable features of the day's events. This was directed by the members taking the recreation course. When it became too dark to play, the members went into the gymnasium where a program of music, pageants, and plays was given. The aim has always been to discover and use the talents of the group rather than to provide amusement from other sources.

The state contests and leaders conference and All Star conference held in connection with the State Short Course are described in other sections of this report. Full descriptions of all events will be found in the September Club Letter attached to this report.

2. Achievement Days -

The importance of keeping the people of the county informed about the club activities cannot be stressed too much. Therefore it has been made a state policy that each county hold an Achievement Day program in the fall. The white agents reported 50 Achievement Days held with an attendance of 8758, and the negro agents five with 288 in attendance.

The majority of these were all day meetings, usually the morning program is given to reports and the afternoon to entertaining features by the different clubs. In many counties the Achievement Days are coming to be recognized as regular county events. Special attention is given to recognizing the county leaders, club officers and all others who have made real accomplishments. In the counties where there were no fairs exhibits of club work were staged. Reports of progress of many county achievement days will be found in the December issue of the Virginia 4-H Club Letter attached to this report.

In addition to the County Achievement Days many counties hold county picnics and county Club Rally Days in the spring or summer.

E. State All Star Chapter -

The Virginia Chapter of All Stars is the honorary organization for 4-H club work. It was organized for the purpose of giving recognition to the many club members who are worthy of special honor. The State Chapter holds an annual three day conference prior to the State Short Course and continues conference throughout that week. Each county may recommend one girl and one boy each year for membership. Special blanks are provided for this. This must be done jointly by the All Star members in the county and both the farm and home agents. New members are taken in the last night of the State Short Course, provided they are there in person. Service is the key note of this organization and every effort is exerted to take in only those members who have shown by their work that

they are worthy.

This was the 11th anniversary of the State Chapter, and there were 72 members in attendance, several of whom have attended every annual conference. The conference was largely devoted to the development of future plans for the All Star Chapter and to promoting club work in the state and in assisting with the State Short Course.

This is a picked group of the best young people in the country and they are doing a big work not only in helping to make the state short course function as it does but also in helping with the club work in their home counties. A strong feeling of fellowship and comradeship permeates the whole organization.

County chapters were organized in 1922 and to date 24 counties have chapters. Some are very active with definite programs of work to promote club work in their counties. Many have already established the custom of holding a get-together during Christmas holidays largely for good times. Quite a number of chapters have assumed the responsibility of securing club leaders, organizing new clubs where needed and financing county winners to State Short Course.

The last evening of the State Short Course the annual All Star Commemoration Service is held. This is the "highest moment" of the whole work for at this time the new members are taken into the organization. The entire short course group is assembled in a circle in almost breathless silence as the Scouts of the All Stars standing in an inner circle go out to look through the group for the new members. Previously the new members

have been carefully selected but the big group does not know this so there is much surprise when a new member is brought from the circle of club members into the circle of All Stars. The ceremony concludes with the All Stars marching out of the big circle up the hill singing, "Follow The Green." Fifty-five members were taken into the organization this year. Later in the evening the All Star members hold a final meeting to receive and instruct the new members and to elect new officers.

The All Star organization is meeting a real need in Virginia club work. To become an All Star is the highest ambition of every club member.

4. Out Of State Trips -

Appreciating the value of educational trips and scholarships it has been our policy to encourage those interested in offering prizes to make the offer in the form of scholarships or trips. In addition participation of members in out of state affairs has been encouraged. Due to the present economic conditions this policy has not been vigorously pursued.

Alice Marshall of Louisa county and Wilda Bourne of Prince William were sent to the National 4-H Club Camp in Washington. The expenses for this trip were given by the Virginia Homeowners Association.

Four girls and one home agent attended the National 4-H Club Congress in Chicago, each as a winner in a state contest. They were:

Katherine Dunson, Norfolk county, State winner in the Style Dress
Contest, trip given by Chicago Mail Order Company.

Virginia Swartz, Botetourt county, State Growth Work Champion,
expenses for trip paid by the county.

Pauline Martin, Bedford county, state and sectional winner, National
Kerr Canning Contest, trip given by the Kerr Glass Company.

Marye Harris, Orange county, winner in State Record Contest, expenses
paid by Montgomery Ward and Company, Chicago.

Miss Ruth Jamison, Augusta county Home Demonstration Agent, was
selected as chaperon because she had had more girls to win trips to National
Club Congress than any other agent.

5. Publicity -

The Virginia 4-H Club Letter is a four page publication issued
monthly by the Extension Division. It is devoted entirely to club work
and is distributed gratis to all club members, leaders, county board
members, state and county papers, and others interested in club work. The
State Girls' Club Agent shares jointly with the State Boys' Club Agents in
the monthly preparation of the manuscript for this paper. It now has a
circulation of 20,000 copies.

Publicity for 4-H club work is also secured through the county
and state papers and the agricultural publications. Many agricultural and
national papers have carried club stories and pictures during the year.

Radio talks were given each month by the State Girls' Club Agent over the State Agricultural College Broadcasting station. These talks were also sent to other stations in the State not reached by the college station. Two talks were given on the regular National 4-H Club Program over WNC in September, one by Jean Bready, a Fairfax county club girl, and the other by the State Girls' Club Agent. A state achievement day radio program was given in connection with the National Achievement program in November. Talks by the State project champions and winners in State contests featured this program. Two radio programs were also given by the club members during the State Short Course.

VI. SUMMARIES -

	<u>White</u>	<u>Negro</u>
Number counties with home demonstration work - 1961	49	8
1962	42	8
1963	59	8

<u>Members</u>	<u>1962</u>	<u>1963</u>
Total number of white members -	<u>12,801</u>	<u>11,890</u>
Total number of negro members -	<u>2,141</u>	<u>2,264</u>
Total number members -	<u>14,942</u>	<u>14,154</u>

<u>Projects</u>	<u>1962</u>	<u>1963</u>
Total number white project numbers -	<u>15,892</u>	<u>15,870</u>
Total number negro project numbers -	<u>2,249</u>	<u>4,029</u>
Total number project numbers -	<u>18,141</u>	<u>19,899</u>

<u>Clubs</u>	<u>1962</u>	<u>1963</u>
Total number clubs with white members -	<u>596</u>	<u>572</u>
Total number clubs with negro members -	<u>93</u>	<u>93</u>
Total number clubs -	<u>689</u>	<u>665</u>

<u>Leaders</u>	<u>1962</u>	<u>1963</u>
Total number leaders - white	<u>1865</u>	<u>2025</u>
Total number leaders - negro	<u>115</u>	<u>125</u>
Total number leaders -	<u>1980</u>	<u>2150</u>

Councils -		1958	1959
Total number councils - white		30	31
Total number councils - negro		5	5
Total number councils -		35	36

Completions - White and Negro		1958	1959
		Percent	Percent
Percent of members completing -		77.05	79.75
Percent of projects completed -		78.05	78.15

Financial Returns from Projects -		Value
Food and Nutrition	508,178 quarts vegetables, fruit and meat canned -	\$ 45,000.00
Clothing	11,728 garments made and remodelled -	11,361.00
Home Improvement	5,749 rooms and porches improved -	5,310.74
Garden	2,077 gardens -	40,187.00
Poultry	17,286 birds in project -	5,546.54
Total value -		\$128,077.00

VII. PERSONAL DATA -

Days in office	181
Days in field	161
Extension Committee Meetings	8
Attendance Committee meetings	25
Number other meetings -	72
Attendance other meetings	6422
Letters written	222
Circular letters written	22
Circular letters sent out	220
Miles traveled by auto	2222
Miles traveled by train	2224

Participation in other meetings not included in this report:

State Home Economics Association, Richmond, Virginia
National 4-H Club Camp, Washington, D. C.
State Homemakers Association
Institute of Rural Affairs, Blacksburg, Virginia
State Education Association, Richmond, Virginia

THE CLUB GIRL'S HOME OUTFIT FIRST YEAR

PURPOSE

To help each girl select, make, and care for suitable home outfit as a first step towards attaining her goal of "being well dressed at all times." To emphasize the value of good posture in the home as well as on the street.

REQUIRED WORK

1. Minimum articles and garments to be made:
 - (a) One undergarment.
 - (b) One simple dress, new or remodelled of cotton material (sleeveless).
2. Learn to use the sewing machine.
3. Learn to patch, darn, and mend her own clothes, and take daily care of clothing.
4. Practice good posture, and wear comfortable, sensible shoes for work, school, and walking.
5. Keep a clothing account (club members required to list all clothing and accessories purchased during the year).

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; directions for making a 4-H club book; equipment.
December	The clothing inventory and account; exhibit complete 4-H club book; selection of patterns and materials for underwear.
January	Cutting underwear garment by pattern; seams and finishes for underwear.
February	Standards for health—cleanliness and grooming.
March	Standards for workmanship—sewing and judging underwear.
April	Standards for health—posture and shoes.
May	Study of color, line, and accessories in dress.
June	Material, color, and styles for cotton dresses; remodeling.
July	Altering patterns; cutting the dress; seam finishes.
August	Dress fitting; finishes for dresses.
September	Care of clothing; mending, patching, darning; judging and scoring dresses.
October	Complete year's work; fill out record sheet which will be distributed at this meeting; achievement program.

THE CLUB GIRL'S SCHOOL OUTFIT SECOND YEAR

PURPOSE

To have each girl select, buy, and make a suitable school outfit for herself. To encourage in each girl self-reliance in dealing with such problems as adjusting patterns, styles, material, and accessories; care of clothing, and keeping accurate clothing accounts.

REQUIRED WORK

1. Minimum garments and articles to be made:
 - (a) One undergarment.
 - (b) School dress (set in sleeves).
 - (c) One remodelled article or garment.
2. Do her own mending and take care of her clothing.
3. Practice good posture and wear comfortable, sensible shoes for work, school and walking.
4. Make a poster to illustrate the complete ensemble.
5. Take an inventory of wardrobe, keep an account of money spent on clothes.

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; directions for making a 4-H club book, clothing inventory and account; equipment.
December	The clothing budget; selection of materials and styles for underwear; exhibit complete 4-H club book.
January	Uses of sewing machine; cutting the underwear garment.
February	Seams and finishes for underwear; standards for health—cleanliness and grooming.
March	Standards for health—posture and shoes; ensemble poster.
April	Materials and styles for school dresses; color, line, and design for dresses.
May	Alteration of patterns; cutting dress from pattern.
June	Problems of garment construction; short cuts; finishes for dresses.
July	Standards of workmanship—judging and scoring dresses; study of the ensemble and accessories.
August	Care of clothing; remodeling an article or a garment.
September	Millinery—refurbishing hats; making attractive berets and caps.
October	Complete year's work; fill out record sheet which will be distributed at this meeting; achievement program.

THE CLUB GIRL'S AFTERNOON OR CHURCH OUTFIT THIRD YEAR

PURPOSE

To have each girl select and make for herself an outfit suitable for afternoon or church wear. This should include accessories suitable to costume and occasion. To encourage every girl to study herself and her problems that she may dress well on a limited income if necessary.

To teach each girl the value of time, labor, and money through:

- Making a clothing budget.
- Keeping clothing accounts.
- Making an annual or seasonal inventory of clothing on hand.
- Learning to make an intelligent comparison of the value of the home and ready-made garment and decide which is better value.
- Studying the problems of selection, construction, and care of clothes.

REQUIRED WORK

1. Minimum articles and garments to be made:

- One dress or coat of silk, wool, or fine cotton suitable for either summer or winter.
- One undergarment.

(c) One remodeled article or garment.

- Do own mending and take daily care of clothing; learn and practice seasonal and special care of clothes and how to remove ordinary stains.
- Make a poster to illustrate the complete ensemble.
- Take an inventory, keep a clothing account, and make a budget.
- Exhibit work at local achievement day program.
- Practice good posture; wear comfortable, sensible shoes for work, school and walking.

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; directions for making a 4-H club book, clothing inventory and budget.
December	Styles and fabrics for afternoon or church dress; color, line, and design; exhibit complete 4-H club book.
January	Study of patterns; cut silk or wool dress, or remodeled coat.
February	Construction problems with silk and wool.
March	Tailored problems—pockets and buttonholes.
April	Finishes for silk, wool, and fine cottons.
May	Study of the ensemble and accessories.
June	Intelligent buying; study of various fibers.
July	Seasonal care of clothing—dry cleaning and storage; stain removal.
August	Standards for health—cleanliness and grooming.
September	Buying ready-to-wear versus home-made clothes.
October	Complete year's work; achievement program; fill out record sheet which will be distributed at the meeting.

Virginia Agricultural and Mechanical College and Polytechnic Institute
and the United States Department of Agriculture, cooperating.
Kathleen Hopkins, Mrs. E. Williams, Director
Blacksburg, Virginia.



Clothing Program for 4-H Club Members

PLAN

The purpose of the clothing program for 4-H club girls is to establish good standards of dress for the rural girl. To accomplish this, the increasing needs of the girl are considered and presented in a three year program. A different phase is developed each year along two major lines:

- Selection and construction of an outfit appropriate for 4-H club girls.
- The study of related subjects, such as values of materials, intelligent buying, proper styles of clothes, shoes and accessories; the daily care of garments; proper posture and standards of health.

While standards of good workmanship in garment construction are stressed throughout the program, the main emphasis is directed towards the girl herself so that she may, by understanding her individual problems, learn to dress suitably and economically.

GENERAL REQUIREMENTS

To complete the project each member must meet these requirements:

- Complete specific requirements for each project.
- Make and use a 4-H club book.
- Enter demonstration, judging, and growth work, and other contests for which she is eligible and has the time to do well.
- Give at least one demonstration before her club.
- Take part in club meetings and in all other club activities, such as rally and achievement days and exhibits.
- Fill in report blank given her at the October meeting.
- Work to attain standards set for the Health "H," as outlined in the growth work program.
- In all matters follow instructions of home demonstration agent.

EVERY 4-H CLUB GIRL SHOULD BE ABLE TO:

- Preside at any club meeting, serve as secretary, and be an efficient chairman of a committee.
- Assist club leader when possible, share in planning and conducting club program, keep 4-H club book up to date, give a well planned demonstration, make a talk and enter line discussions, exhibit her handwork at club meetings and fairs, take a fair share in community activities.
- Assume definite responsibility in the home, dignity home work by practicing the best methods, be a gracious hostess and welcome guest.
- Live up to standards of growth work program, practice correct food and posture habits.
- Dress appropriately at all times.
- Appreciate the good things of life such as music, literature, and nature here.
- Cultivate a hobby that will help her to grow.
- Help some other girl to attain her goal.
- Work and play with others.

THE CLUB GIRL'S ROOM PROJECT FIRST YEAR

PURPOSE

To assist each girl in providing for herself an attractive, comfortable bedroom which meets her needs and expresses her personality. To accomplish this, it is suggested that the girl use her own room for the demonstration of practices studied during the year. While this is preferred, even though she may share her room with another, it is not obligatory, and any other room may be selected if desired.

REQUIRED WORK

1. Keep a 4-H club book in which to record all plans and work done, including in it:
 - (a) Description of room and its furnishings before starting improvement.
 - (b) Floor plans of room showing arrangement of furniture before and after making changes.
 - (c) Color scheme for room shown with samples of materials.
 - (d) List everything made new, or remade, with cost of materials used. Estimate how much is saved by doing these herself.
 - (e) Illustrations and clippings from magazines and bulletins which give helpful suggestions and information.
2. Care for her own room regularly, keeping it clean and orderly in appearance.
3. Make at least five articles or improvements for room. This list offers suggestions, each of which has a value of one unit except as noted:

Laundry bag, shoe bag or rack, garment bag, rod in closet for hangers, two pairs shoe trees and two hangers. Build clothes closet (2 units); window curtains, draperies, shades; any two small articles needed for room; improve arrangement of furniture. Repair, remodel, refinish or make: dressing table, bedside table, chest of drawers, folding screen, window seat, washstand, desk, bed, chair, footstool, woodbox, bookshelves, dresser. Refinish floor; refinish woodwork. Refinish walls and ceiling (2 units).

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; directions for making 4-H club book.
December	Christmas gifts; exhibit completed 4-H club book.
January	Care of the girl's room.
February	Color in the bedroom.
March	The handy clothes closet.
April	Curtains for the windows.
May	The room plan; selection of furniture.
June	Painting furniture; care of furniture.
July	Finishes for walls and woodwork.
August	The well-finished floor.
September	Arrangement of the bedroom.
October	Achievement program and completing the year's work.

THE CLUB GIRL'S HOME PROJECT SECOND YEAR

PURPOSE

To increase the girl's appreciation of her entire home, and to assist her in handling larger problems of furnishing and managing a home. The work of the first year is expanded to include other parts of the house.

The selection of a room will depend upon the work accomplished in the previous year. If her bedroom were not used in the first year, she may use it now, together with some other special task of home improvement.

REQUIRED WORK

1. Keep a 4-H club book in which to record all plans made and work done. Follow suggestions given for first year.
2. Care for her own room regularly.
3. Take responsibility for some other part of the household regularly. (Especially if member is doing home improvement work a second year).
4. Make at least five articles or improvements in one or more rooms or parts of the home. Besides the suggestions given for first year, the club member may choose from those:

Two pieces of bedroom linen; blanket or comfort covering; two scarfs; bedspread; bathroom set; cushion for seat and cover for back of a chair. Refinish any piece of furniture for house or porch. Arrange furniture properly in two rooms. Make waste basket, lampshade, magazine rack, two cushion covers, set of desk accessories, knife rack, kettle cover rack; adjust kitchen table height.

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; directions for making 4-H club book; gifts.
December	Christmas decorations.
January	First aid for the living room.
February	Homemade rugs and mats.
March	Bedroom linen.
April	Handy helps for kitchens.
May	Dressing up the porch.
June	Refinishing furniture.
July	Flowers in the home.
August	Attractive table linen.
September	Pictures for pleasure.
October	Achievement program and completing the year's work.

4-H HOME MANAGEMENT PROJECT THIRD YEAR

PURPOSE

This project is planned to give to the older girl a better understanding of the variety of interests included in the profession of homemaking, a realization of the need for training and constant study, and information and suggestive methods for securing comfortable, attractive homes at a minimum cost in time and money. It is hoped that this project will inspire club girls to have homes so well-managed that they will provide comfort, security, beauty, and happiness for the entire family.

SUGGESTED HOME PRACTICES

1. Keep personal accounts or a household account; make a personal or household budget if previous records permit.
2. Carry out one definite plan for saving money, or adding to her income.
3. Strive to attain a high degree of personal fitness, and to maintain conditions for good health in the family.
4. Make a plan for furnishing a house, using her budget allowances.
5. Make new or make over at least expense three or more articles of practical value in furnishing or equipping the home.
6. Make and carry out one plan for increasing the enjoyment of summer or winter leisure of the family.
7. Check and try to improve distribution of daily tasks in her home.
8. Seek self-development through reading, study of nature, pictures, poetry, music, etc.

MONTHLY TOPICS FOR CLUB PROGRAMS

The subjects suggested below should meet the needs of many groups. It is not intended that every club should take up all the sub-topics suggested for each month unless they desire to do so. Part of the program may be devoted to additional demonstrations of home practices not mentioned in this outline.

December	The Homemaker—Kinds of ability required, personal traits of successful homemakers.
January	Money Matters—The ways and laws of personal and household expense records, bank accounts and credit, insurance.
February	Adding to the Income—Saving through living-at-home; marketing standardized products.
March	Health and Happiness—Physical fitness; care of the person; sickness prevention.
April	Setting up a Home—Cost in relation to income; standards of living.
May	Choosing Furniture and Equipment—Planned spending; considerations in buying; renovating old furnishings.
June	The Bride's Hope Chest—Linen, glass, china, silver, and kitchen equipment for the new home.
July	Summer Leisure—Attractive porches, the guest room, picnics, trips, etc.
August	Club Social—Planned and prepared for by the club.
September	Home and the Family—Sharing responsibilities; distribution of daily tasks.
October	The Family and the Community—Participation in community activities; civic opportunities.
November	Self-Improvement—Reading material available for enjoyment and study; nature study; appreciation of pictures, music, poetry; social customs.

Virginia Agricultural and Mechanical College and Polytechnic Institute
and the United States Department of Agriculture, Commission
Extension Division, Bureau of Extension, Director
Blacksburg, Va., U.S.A.



HOME IMPROVEMENT PROGRAM FOR 4-H CLUB MEMBERS

PLAN

The Home Improvement Work for 4-H club girls is planned to interest every girl in making her own home as attractive as possible. Emphasis is placed on making the best use of materials at hand, with careful planning for the wise use of money, time, and energy. Each member will have the opportunity to develop good taste in improving and beautifying her own and other rooms of the home, and to learn how to care for them according to the best standards of home management. This program includes three projects, each covering one year's work.

GENERAL REQUIREMENTS

To complete the project each member must have met these requirements:

1. Complete specific requirements for each project.
2. Make and use a 4-H club book.
3. Enter demonstration, judging, and growth work, and other contests for which she is eligible and has the time to do well.
4. Give at least one demonstration before her club.
5. Take part in club meetings, and in all other club activities, such as rally and achievement days and exhibits.
6. Fill in report blank given her at the October meeting.
7. Work to attain standards set for the Health "H," as outlined in the growth work program.
8. In all matters follow instructions of home demonstration agent.

EVERY 4-H CLUB GIRL SHOULD BE ABLE TO:

1. Preside at any club meeting, serve as secretary, and be an efficient chairman of a committee.
2. Assist club leader when possible, share in planning and executing club program, keep 4-H club book up to date, give a well-planned demonstration, make a talk and report live discussion, exhibit her handwork at club meetings and fairs, take a fair share in community activities.
3. Assume definite responsibility in the home, dignify home work by practicing the best methods, be a gracious hostess and welcome guest.
4. Live up to standards of growth work program, practice correct food and posture habits.
5. Dress appropriately at all times.
6. Appreciate the good things of life such as music, literature, and nature life.
7. Cultivate a hobby that will help her to grow.
8. Help some other girl to attain her goal.
9. Work and play with others.

FOOD FOR HEALTH—FIRST YEAR

PURPOSE

To encourage girls to be their own best exhibit by establishing correct food habits. This is accomplished by teaching them:

1. What foods to select and how to prepare them attractively.
2. To eat fruits and acid vegetables.
3. To practice good posture at all times.
4. Standards by judging finished products at each demonstration.
5. The value of the year-round garden and the wise use of home grown foods.
5. The value of the year-round garden and the wise use of home grown foods. It is recommended that this project be the first.

REQUIRED WORK

1. Follow general requirements.
2. Keep the better food score for one month.
3. Practice good kitchen technique.
4. Learn to like at least two new vegetables.
5. Prepare at home at least one of the dishes demonstrated at each meeting.
6. Can at least ten containers of tomatoes or fruits.
7. Check self on standards set for the Health "H" as outlined in the growth work program.

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; the interesting school lunch; making a 6-H club book.
December	Standing up to life; growth work standards; exhibit completed 4-H club books; beautiful Christmas sweets.
January	Cereals and breads from home grown grains.
February	Soups and main dishes from milk.
March	Tasty vegetables for winter.
April	Attractive ways of serving eggs; check on food and posture habits.
May	Fruit dishes for spring.
June	The canning plan; canning tomatoes and tomato juice.
July	Canning fruits and fruit juices.
August	New ways to serve vegetables.
September	Tasty desserts from milk and fruit.
October	Refreshments for the club party; finish the year's work; fill in record book.

BREAKFAST, DINNER, SUPPER—SECOND YEAR

PURPOSE

1. The selection, preparation, and serving of meals for the day's adequate diet.
2. Correct table service, and manners and ease in being both guest and hostess.
3. Standards through judging the finished products at each demonstration.
4. How to use home grown foods economically and conserve the surplus by canning.

REQUIRED WORK

1. Follow general directions.
2. Plan, prepare, and properly serve at least one meal from products grown at home. Estimate the total value and total cost of the meal.
3. Take part in preparing and serving a club meal.
4. Can at least 20 containers of fruits or vegetables.
5. Make and use a canning plan, keeping record of all foods canned.
6. Prepare at home at least one of the dishes demonstrated at each meeting.

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Organization; setting an attractive table; making the 4-H club book.
December	Breakfast—Fruits and cereals to begin the day.
January	Breakfast—Main dishes.
February	Breakfast—Quick breads and beverages.
March	Dinner—Soups and meats.
April	Dinner—Vegetables and salads.
May	Dinner—Desserts.
June	The canning plan; preservation of fruits.
July	Canning vegetables and the use of the pressure cooker.
August	Supper—Main dishes.
September	Supper—Salads and desserts; plan the club meal.
October	Preparing and serving the club meal; fill in record blank.

PLANNING AND SERVING MEALS THIRD YEAR

PURPOSE

This project is planned especially for the older club girl who has had some experience in food preparation. More attention is given to:

1. The planning of meals.
2. Attractive service.
3. Duties of a hostess.
4. Duties of a guest.

While emphasis is placed on meal planning, more attention is given to the preparation of attractive meals correctly served. Suggestions are given for simple and inexpensive entertaining.

REQUIRED WORK

1. Follow general directions.
2. Plan, prepare, and serve at least 1 meal, and prepare refreshments for a party.
3. Participate in meals or banquets served by the club.
4. Help with community meals when possible.
5. Plan a systematic way of keeping recipes.

MONTHLY TOPICS FOR CLUB PROGRAMS

November	Table ways of today; attractive table arrangement; suggestions for 4-H club books.
December	Colorful breakfast to begin the day; display completed 4-H club books.
January	Preparing for unexpected guests; casing meat, poultry, etc.; the casing plan.
February	Variety in vegetables from the home garden.
March	Homemade rolls and bread or standards for cakes at home or for market.
April	Adding variety to the meat course.
May	Milk and cottage cheese dishes.
June	Buffet lunches and Sunday night suppers.
July	Meal necessities; jellies and jams or pickles and relishes.
August	Cooking out of doors; the club picnic.
September	Refreshments for entertaining.
October	Club party, dinner, or banquet; fill in record book.

Virginia Agricultural and Mechanical College and Polytechnic Institute
and the District States Department of Agriculture, Cooperative
Extension Station, Box 8, Blacksburg, Virginia
Blacksburg, Virginia



FOOD AND NUTRITION PROGRAM FOR 4-H CLUB MEMBERS

PLAN

For happy, successful living we need good health, and health demands correct food habits. The food and nutrition program is planned to help the 4-H club girl establish these habits by learning attractive ways to prepare and serve wholesome foods, and by preserving foods grown at home in order to provide adequate meals throughout the year.

The work is divided into three projects, each covering a year's work. Special emphasis is placed on the Live-as-Home Project as it relates to feeding the family.

GENERAL REQUIREMENTS

To complete the project each member must have met these requirements:

1. Complete specific requirements for each project.
2. Make and use a 4-H club book.
3. Enact demonstration, judging, and growth work, and other contests for which she is eligible and has the time to do well.
4. Give at least one demonstration before her club.
5. Take part in club meetings and in all other club activities, such as rally and achievement days and exhibits.
6. Fill in report book given her at the October meeting.
7. Work to attain standards set for the Health "H," as outlined in the growth work program.
8. In all matters follow instructions of home demonstration agent.

EVERY 4-H CLUB GIRL SHOULD BE ABLE TO:

1. Preside at any club meeting, serve as secretary, and be an efficient chairman of a committee.
2. Assist club leader when possible, share in planning and executing club program, keep 4-H club book up to date, give a well planned demonstration, make a talk and enter into discussions, exhibit her handiwork at club meetings and fairs, take a fair share in community activities.
3. Assume definite responsibility in the home, dignity home work by practicing the best methods, be a gracious hostess and welcome guest.
4. Live up to standards of growth work program, practice correct food and posture habits.
5. Dress appropriately at all times.
6. Appreciate the good things of life such as music, literature, and nature lessons.
7. Cultivate a hobby that will help her to grow.
8. Help some other girl to attain her goal.
9. Work and play with others.