

VIRGINIA

HENRICO Home demonstration agent Annual report 1942
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REPORT FILES
EXTENSION WORK

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK

HENRICO COUNTY
VIRGINIA

HOME DEM AGENT ANNUAL REPORT

1942

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Home Demonstration Agent

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December 1, 1941 - November 30, 1942

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III. SCOPE OF WORK

- A. Home demonstration clubs:
No. 14 Membership 508
Other groups sponsored by home demonstration clubs:
No. Clubs -
White 2 Membership 43
Negro 1 Membership 38
- B. 4-H Clubs:
No. 15 Membership 427
- C. Older Youth Groups:
No. 2 Membership 45
- D. No. reached through special classes taught by agent 118
- E. No. families reached through neighborhood and community leaders
4,000
- F. Estimate total number families reached 4,810 No. Farm
Families in County 1070

IV. ORGANIZATION

A. County Home Demonstration Committee

The president of each club automatically becomes a member of the home demonstration committee because of her office, and she appoints a member from the club to serve on the committee for a year. At the first meeting of the year, four members are appointed at large, making a total membership of twenty-eight women. Three meetings were held during the year with a total of eighty members attending.

The function of the committee is to formulate all plans and policies for extension work in the county, select the county-wide project of work and federation goal.

Early in December 1941, the committee held a meeting to complete detail plans for the 1942 program. The agent gave instructions, suggestions and ideas to the members present for making their individual club programs. After the attack on Pearl Harbor in December, the president called a meeting of the

committee to make adjustments in the county program to war-time needs. One of the specialists in Home Economics from the State Agriculture College attended the meeting. She gave the "Economic Outlook for 1942" and stressed the importance of the club programs containing only the fundamentals and essentials. The members of the committee discussed the needs of their communities and changes were made in the program to meet war-time needs.

The planning meeting for the county was held in September when the program for 1943 was planned and arrangements and plans were made for the annual meeting of the County Federation of Home Demonstration Clubs and Achievement Program.

The Home Demonstration Committee finances the annual meeting of the Federation and Achievement Program and pays for all supplies and material necessary for all project leaders' meetings.

B. County Agricultural Board

In January of this year, the professional workers in home economics and agriculture met in the court house to map the county into community areas. A county map, four by six feet, was segregated into six communities and a professional man and woman were assigned to work in one or more communities. Each worker was to secure a chairwoman and chairman for each community in which they were assigned to work. The following week the chairwoman and chairmen of the six communities and the professional workers met in the court room of the court house and the County Board of Agriculture was organized with a Chairman and Vice-chairman and Secretary elected. The county map which had been segregated into six communities by the professional workers was cut

apart and the two chairmen and two professional workers studied their community and divided it into neighborhoods with twenty to forty families. A man and woman were asked to serve as leaders in each neighborhood.

There are six communities in the county with a man and woman chairman and sixty-three neighborhoods with sixty-eight women neighborhood leaders and fifty-four men neighborhood leaders, with eight negro women and six negro men assistants.

The Agriculture Board sponsored and carried information to rural and urban families on the Victory Garden Campaign, salvage of Scrap rubber and metal, Fat Salvage and Inflation Program by controlling the cost of living and promote war effort. Plans are in progress now for "Share the Meat" program.

C. Professional Workers' Council

The professional workers council is represented by the following agencies: Farm Security supervisors, three white home economics teachers and one negro teacher, one agricultural teacher, one soil conservation worker, Director of County Welfare, Farm Agent, Home Demonstration Agent, Assistant Home Demonstration Agent and a representative from Production Credit. Seven meetings were held during the year with a total attendance of forty workers.

The professional workers, with the help of the assistant community organization specialist from the State Agriculture College, divided the county into six communities and were assigned to work with one or more of the six communities and were responsible for securing a chairman and co-chairman for each community. The workers assisted the community chairmen in securing a man and

women as leaders in each neighborhood.

A meeting was held at the County Court House this week when the State Supervisor of Home Economics presented "Share the Meat" Campaign and trained the professional workers, and they in turn, are to train the neighborhood leaders after which they will visit their families to carry the information on "Share the Meat" Campaign.

The agent has been responsible for working with two communities; one having twenty-two neighborhoods and one with nine. The agent assisted the four community chairmen in locating sixty-two neighborhood leaders. The agent has made sixty-eight visits in the homes of neighborhood leaders in three other communities assigned to other professional workers and attended six of their community meetings. The agent has attended and taken active part in nine community meetings, was made secretary of the professional workers' council and has been present at every meeting held by this group.

V. LEADERSHIP

A. Adult Work

Seventy-eight organization leaders attended three county-wide meetings held during the year - one on parliamentary procedure and two planning meetings, while sixteen community club planning meetings were held. Attendance for the county-wide and community meetings totaled one hundred and seventy-six. These organization leaders devoted 1,265 days to leadership work for their club and community.

One hundred project leaders attended five leader training meetings on the following subjects: Food and Nutrition, Food Conservation, Care of Woolens

for Wardrobe and Household Use, Refinishing Furniture and Restyling Clothing. The leaders gave forty-nine of the sixty-four project demonstrations, devoting 368 days to attending leader training meetings, study, preparation, attending meetings and giving demonstrations.

Twelve federation goal chairmen met early in the year to make plans for a program of work which could be used as a guide in each club. The chairmen gave five minute talks on "Health" at each meeting of the club. One leader whose son is a medical doctor secured his service in giving a complete physical examination for the small sum of \$2.00 to the members of her club. This same leader visited the Executive Secretary of the Richmond Hospitalization Association and requested that rural families be given the privilege of hospitalization through this Association. As a result of this request, provisions have been made to include rural families in Henrico County in the Richmond Hospitalization Association. The leader has presented this to members of her club and has visited three neighboring clubs to introduce the advantage of hospitalization. Federation Goal leaders have devoted sixty-three days to the health program.

The Campaign leaders attended a garden institute held in February when two specialists from the State Agriculture College spoke on "Victory Gardening". The leaders took notes and gave the information received at the institute to the home demonstration club members at the February meeting of the clubs. The leaders gave timely information on gardening at each meeting of the clubs, and gave talks on fall gardens at the June club meeting. The leaders' gardens were demonstration gardens, and the June meeting of the clubs was held in the home

of the leader at which time her garden was visited by the club members. The leaders devoted one hundred and seventy-eight days to work of the campaign.

The community and neighborhood leaders did an excellent piece of work with the Victory Garden Campaign and also assisted with the Salvage Drive for Scrap Rubber and Metal, the Inflation Program and "Share the Meat" Campaign. There were sixty-eight women, fifty-four men and fourteen negro workers. Three leader training meetings were held on three phases of work with a total of eighteen community training meetings. Four thousand families have been visited by the community and neighborhood leaders.

B. 4-H Work

Seventy-five 4-H Club officers, who are the organization leaders, make up the 4-H Club Council which met twice during the year. One meeting was held in December 1941, to make the County Plan of Work and one in June to make plans for club members attending the District Camp and 4-H Rally. The County Plan of Work was incorporated in the individual club plans of work or programs which were made out by each club's officers. The organization leaders devoted 450 days to the work of the 4-H Clubs.

There are fourteen adult 4-H leaders who devoted 233 days to the work of the 4-H Clubs. The agent prepared a manual for each leader containing an outline of each demonstration to be given to 4-H Club girls at their monthly meetings. Three leaders went to Jamestown 4-H Camp for a week, assisting in directing the program and guiding the club members' activities.

Older boys and girls who are members of the Henrico "All-Star" Chapter serve as leaders or sponsors for all 4-H activities.

VI. RESULTS

A. Home Demonstration Clubs Project Work

a. Food

(1) Production

The food production program was the most outstanding achievement of the home demonstration club members. The county women were quite aware of the importance of producing more food, which resulted in every woman raising a victory garden and cooperating to the fullest with the food production program.

Club women in an urban section did not have space to raise a garden so they contacted the owners of quite a number of vacant lots and secured permission to cultivate these vacant lots and plant gardens. A victory garden was grown on practically every vacant lot in this community where before they had been unsightly places with high needs.

A Garden Institute was held in February with an attendance of 150 county persons. The program consisted of talks on gardening by the garden specialist from the State Agriculture College. The agent made a talk on "Vitamins and Minerals in your Victory Garden".

The neighborhood leaders contributed much to the production program making about 4,000 visits encouraging county families to raise a garden. The garden leader in each club gave valuable information to club members at the meetings of the home demonstration clubs.

The agent gave talks on gardening at four county civic clubs and also

County Parent-Teachers Associations and at the conclusion of the talks an interesting discussion followed when it was voted and passed and recorded in the minutes that all families present would increase production by raising a garden.

More information on gardening was given out from the agent's office than ever before and about 3,000 pieces of material on gardening was given out from the agent's office.

(2) Conservation

The people have shown more interest in food conservation this year and have conserved more food than since World War I, due to the emphasis which has been placed on the necessity for doing this in order to be sure that there is an ample food supply for all as one of the important steps in helping to win this present war.

In June an all-day canning demonstration was given by the Virginia Electric and Power Company to which the home demonstration women were invited; about seventy-five attended. At the morning session of this meeting non-acid vegetables were canned by the pressure cooker method. At the afternoon session acid vegetables and fruits were canned by the hot water bath method.

Vegetables and fruit canning demonstrations were held in all the home demonstration clubs. Non-acid vegetables were canned by the pressure cooker method and acid vegetables and fruits by the hot water bath method. The food leaders arranged for and gave these demonstrations with the agent's assistance. The agent gave canning demonstrations in ten homes; in each case neighbors were present also. Fruits and vegetables were canned by every home demonstration club woman.

Due to the proximity of Henrico County to Richmond one hundred and seven telephone calls asking for canning information have been answered. City people seem to be more interested in canning than ever before.

Meat canning demonstrations were given by the agent in four of the rural clubs. The people in these clubs felt that such a demonstration was worthwhile since they raised meat to kill. Meat canning demonstrations were held in two homes. These demonstrations were also attended by their neighbors. In one of these homes, the woman had recently moved from the city into the county, and she said that she had moved into the county so she could become a home demonstration club woman in order to share in the many activities of the home demonstration club.

Sugar had been rationed at the time when strawberries were ripe, and the agent answered many requests for recipes for preserving and canning them with syrup and honey. Recently, one woman said she and her family had learned to enjoy fruits that had very little sweet added, and when she opened fruit that had been canned before sugar was rationed, they found it too sweet.

As a result of the food conservation program, the following figures were realized:

201,518	quarts of fruits and vegetables canned.
770	quarts of meat canned.
1,434	pounds of vegetables dried.
573	bushels of food stored for winter.

Because of the increased interest in canning, sixteen pressure cookers were purchased. These cookers were made available by the Southern States Cooperative. The people who got them were very pleased since pressure cookers were very hard to get.

The Question and Answer Department of the two newspapers in Richmond phoned often and asked the agent's help in answering questions concerning canning which came to their Question and Answer Department.

The Virginia Commissioner of Agriculture sends questions concerning conservation to the agent.

(3) Nutrition

Nutrition was the major interest of the home demonstration club women during the first four months in the year. Demonstrations were given on Vitamins, A, B Complex, C, D, and Minerals. The leaders gave excellent demonstrations and prepared very fine illustrative material to use in the demonstrations. The county women realized the importance of better nutrition and were very desirous of learning more about nutrition. The women have reported they are preparing better planned meals for their families and are using more protective foods and more whole wheat flour and whole grain cereals. At the conclusion of the nutrition demonstrations in the home demonstration clubs, the leaders planned, prepared and served to the club members a meal containing one-third of the daily food needs.

Sixty-five club women completed the Red Cross Nutrition Course giving a total of 1,300 hours to further study of nutrition. Thirty-four of the women also completed a Canteen Course devoted 1,016 hours to this work and are members of a canteen unit.

b. Clothing

(1) Consumer Problems

The agent has given talks at club meetings on clothing consumer problems and has kept the women informed on O.P.A. regulations applying to

clothing. The agent has urged the women to use clothing on hand, remodel or restyle if necessary and buy nothing that they can do without.

(2) Conservation

A demonstration on conservation of woollens for wardrobe use was given at the May meeting of all the home demonstration clubs. The demonstration consisted of cleaning, washing and storing woolen garments and the correct way to press woolen garments. This demonstration proved very helpful to the women since the percentage of woollens for civilian use has decreased around ten per cent. The leaders gave the demonstration with the assistance of the agent. The women were given formulas for moth preventives to use in storing their woollens. The leaders gave the demonstration in all the clubs but one which was given by the agent.

(3) Construction

The clubs felt the need for remodeling and restyling of clothing, since everyone is trying to use the clothing which she has and buy as few new things as possible.

In September a leader training meeting was conducted by Miss Johnson in Richmond. This meeting was attended by twenty-five women. Miss Johnson told of the trends in styles, explained that people should have an adequate wardrobe this winter and why this was true. Miss Johnson made suggestions for the restyling of garments, which were brought by the leaders; these suggestions were followed and the garments were fitted at this meeting.

The October meeting of each club was devoted to the restyling of garments. These meetings were conducted by the leaders who were assisted by the agent.

In several clubs, all-day meetings were held and much sewing was accomplished. In the clubs which held afternoon meetings, suggestions for restyling the garments were offered, and the garments were basted and fitted.

The leaders also gave a talk on why it is necessary for us to use the clothing which we have on hand and on the style trends.

c. House Furnishings

(1) Conservation

A two-day refinishing furniture clinic was held with the specialist from the State Agriculture College attending and giving the instructions. The finish from twelve pieces of furniture was removed and new finish applied, and one large fire-side chair was re-upholstered during the two days. Twelve clubs held furniture clinics with the leaders who attended the county clinic giving instructions at the individual club clinics, with the assistance of the agent. As a result of the furniture clinics, sixty-two pieces of furniture have been refinished and six chairs were re-upholstered. The women have been very grateful for the help and information they have received from the Extension Service in reconditioning their furniture.

A demonstration on "Conservation of Woolens for Household Use" was given at the May meeting of all the home demonstration clubs. The demonstration included cleaning, care and storage of woolen rugs, cleaning upholstered furniture and how to treat to prevent moths. Formulas were given to the women for making homemade floor wax, furniture polish and woodwork cleaner.

(2) Construction

Five clubs held all-day handicraft meetings when useful articles were

made for the home. One club held their meeting in December when they made Christmas gifts from leather, making bill folders, key and card cases and small purses and twenty-seven serving trays and waste paper baskets were made of plywood and reed. Other articles made during the year were fiber seats woven in twenty-three fire-side stools and eighteen radio benches. Fourteen chairs were reupholstered with cane and ten seats woven with fiber.

d. Home Management

(1) Household Equipment

A demonstration on care and repair of household equipment was given in all the home demonstration clubs. Special attention was given to care and repair of all electrical equipment since there will be none manufactured for the duration. The women were taught how to repair electric cords, how and where to oil electrical equipment which needed oiling. The agent has kept the women informed on regulations from the W.P.B.

2. Home Demonstration Club Activities

a. Federation Goal

Health was selected as the Federation Goal for the past year, because the women believed that good health was of most importance, especially during wartime since there was a shortage of nurses and doctors. The president of each club appointed a woman to serve as health chairman and she was given time on the club program each month to bring to the club members helpful ideas and suggestions on keeping their families well and healthy. Each club had as their guest speaker during the year the county Health Doctor or one of the three county nurses. One of the clubs held a Health Clinic when twenty members

were given a complete physical examination for the small sum of \$2.00 by a Doctor in the community who is the son of the Health Chairman. This same Health Chairman secured membership in the Richmond Hospitalization Association for the members of her club and has visited three neighboring clubs to give them an opportunity to hold membership in the Richmond Hospitalization Association.

Fifty-one women completed the Red Cross Home Nursing Course giving 1,224 hours of their time to this work and fifty-five women completed the First Aid Course devoting 1,100 hours so they might be better prepared for any emergency.

b. Campaign

"Better Food for Better Health" was the county campaign this year and was very closely tied up with "Health", the federation goal. The purpose of the campaign was to encourage every county family to have a home vegetable garden to supply fresh vegetables for the table and can the surplus. Every family in the county had a garden with the exception of a few very urban families.

A Garden Institute was held for the benefit of the county people and they were very grateful for the opportunity to learn more about cultivation, insect and disease control. The campaign chairman gave helpful information on gardening at the club meetings.

About 5,000 pieces of material on gardening were given out to the county people; as a result of the campaign more food was produced and conserved this past year since World War I.

c. County Federation of Home Demonstration Clubs

The annual Achievement and Luncheon meeting of the Henrico Federation of home demonstration clubs was held November 5th at Smart's Cafeteria. Many counties did not hold achievement meetings because of transportation difficulties, but due to the public transportation facilities in this county, it was decided by the Home Demonstration Committee that the Federation would be held.

The meeting was presided over by Mrs. W. N. Stoneman, who is the Federation President. The guest speaker, Dr. Luther Richman, State Supervisor of Music, spoke on "Music's Contribution to Wartime Efforts" bringing out very effectively the way in which music boosts people's morale. Dr. Richman was assisted by two club women who played the piano and led the singing of songs of this war and the last war. Sheets containing these songs were given to the women, and they were urged to take them home and to encourage group singing in the home.

The agent spoke on the home demonstration clubs' contribution to Victory.

The District Agent presented the cup to the Highland Springs Club for their outstanding work during the year.

The achievements of the twelve clubs were mimeographed in a booklet and given to each person present. (Booklet will be found in the appendix)

d. Eastern District of the State Federation of Home Demonstration Clubs

Henrico County Home Demonstration Club women were hostess to the spring meeting of the Eastern District of the State Federation of Home

Demonstration Clubs held in Richmond in April. In spite of the transportation problems, there were around four hundred women in attendance. The theme of the meeting centered around nutrition and increased production and the rural woman's part in the production program. At the conclusion of the meeting, all the women were inspired to return to their homes to contribute every effort possible toward increased food production and to supply her family with the daily food requirements.

e. Outstanding Club

Highland Springs Home Demonstration Club was judged the most outstanding club for their accomplishments during the past year. The following report was written by the secretary of the club which was included in the booklet containing reports from all the clubs:

Report

"Highland Springs Home Demonstration Club closes a busy year with 44 members and eight new members. We became more vitamin and mineral conscious through our Nutrition leaders and the visit to the garden of our Garden leader and her timely talks gave us more incentive to raise and can our own vitamins.

A canning and drying demonstration was given and the club purchased a steam pressure canner to be used by members. Many outside of the club were helped with canning problems. A canning contest was held in September. Conservation talks on saving seeds for 1943 and making compost heaps were especially interesting. Conservation books were given the school library. Members learned to make dustless dust cloths, homemade wax, how to clean upholstery and rugs and latest methods in care of woollens from the leaders

in Conservation of Household Equipment and Woolens. In two all-day handi-craft meetings 24 articles were finished totaling \$31.24.

Members attending County Federation 14, District meeting 2, Garden Institute 5, and leaders were 2 each for Nutrition, Conservation of Household Equipment and Restyling Clinic. Welfare Work included Red Cross \$5, Cancer Control \$5, 4-H Club girls to camp \$5, Christmas basket and jars of food given to Sheltering Arms Hospital. Members have taken part in Defense Activities.

In closing our record for 1942, we feel we have gained much from our club meetings through the help and inspiration given us by our agents and District Agent and from the members who have assumed leadership in one phase or another and from the fellowship we share. We look forward confidently to 1943 to better learn and serve so we may better ourselves for any emergency."

Mrs. Russel Smith, President

Mrs. W. R. O'Connell, Secretary

Highland Springs Club is in an unincorporated village with 517 homes and a population of 2,000. The members of the club are women who do not belong to the Woman's Club or Garden Club.

The leaders and members assume a great deal of responsibility and are very resourceful. All the women have small family vegetable gardens, and with the steam pressure cooker purchased from the club treasury, all the members canned from 100 to 500 quarts of fruit and vegetables. The women took every advantage of the Red Cross Course taught, in Nutrition,

Canteen, First Aid, Home Nursing and have spent 2,418 hours in the Red Cross Sewing Room. The women of Highland Springs Club are very eager to improve themselves and their homes and have taken advantage of all opportunities.

B. Agricultural Board

The agent has cooperated and given assistance on all programs sponsored by the Agriculture Board. The agent was assigned to work in two communities and secured a man and woman chairman for the two communities and assisted the chairmen in dividing their communities into neighborhoods and in locating a woman and man chairman for each neighborhood. The agent attended eight community meetings and three neighborhood meetings presenting the victory gardens and inflation programs. One neighborhood chairwoman has a meeting each month in her home of the homemakers of her twenty families and at the last meeting of this group, the agent was invited to attend and the group organized into a home demonstration club.

C. 4-H Clubs

1. Project Work

a. Personal

Six 4-H Club meetings during the year were devoted to the study of food and nutrition project with 427 girls enrolled in 15 clubs. The girls were given demonstrations and talks by the leaders and agents on Vitamins and Minerals, The Nutrition Yardstick and Meal Planning. Meals were planned by the girls at the club meetings and were checked for balance by the leaders and agent and were prepared by the girls at home and the girls reported on their success at the following meeting. The girls prepared at home 1,260 foods which were

demonstrated at the club meetings.

10,240 meals were prepared and served alone by club girls.
538 new foods were learned to be liked by the girls.
252 prepared their own school lunch.
87 lunches were prepared

During July and August, canning and drying of fruits and vegetables were demonstrated to the girls at the club meetings and six other demonstrations were given in homes of club girls. The girls were unusually interested in food conservation.

20,172 quarts of fruits and vegetables were canned alone by the girls.
23,319 quarts were assisted with in canning.

Approximate value of food the girls canned alone and assisted with amounts to \$5,622.75.

During the summer months, the girls made for themselves 954 dresses and undergarments.

In order to promote interest in production of food for the family among the girls, Sears, Roebuck Stores sponsored a Sears' Victory Garden Project.

Two hundred Sears Store Managers in 25 states were each authorized to give absolutely free, 25 assortments of vegetable seeds valued at \$2.00 each, plus 50 tomato plants, 50 cabbage plants and 240 Bermuda Onion Plants to 25 4-H girls in their counties who would agree to plant, grow and care for a Victory Garden as an individual 4-H project. The girls were to agree to can, store, or preserve all of the produce not consumed as fresh vegetables and to handle their garden project under the direct supervision of their county home demonstration agent.

Mr. R. L. Rabo, Manager of Sears, Roebuck Store in Richmond offered this project to Henrico County. Twenty-five girls from the 4-H Clubs in

rural and urban sections whom the agent felt were doing outstanding work were selected. They were then visited by the agent and the contest was explained to each one. The girls went about their work with a wonderful spirit and were very enthusiastic. Plots for their gardens were put into perfect shape with the assistance of their fathers. Seeds and plants grew nicely as the summer advanced. The agent visited the girls at frequent intervals to give suggestions and information needed.

At the time when the gardens had reached maturity, Mr. L. C. Beamer, Garden Specialist from the State Agriculture College visited each garden with the agent and judged them for the contest. Mr. Beamer made the statement: "These are the finest group of 4-H Club Gardens I have ever judged." Sears' Store gave prizes of \$5.00 for 1st, \$3.00 for 2nd and five one dollar prizes. Strict account was kept of everything bought and also of sales by each contestant and explained to the agent.

This contest proved to be of untold value to the girls' families as well as themselves. They learned to accept responsibility, to think for themselves and to keep an accurate account of all activities. One of the girls participating ~~related~~ ^{related}, "I never realized how much work my father had to do to raise vegetables for our family." Two gardens were raised in the home of one of the contestants, which produced more than the family could use, so the vegetables from the contestant's garden were sold and war bonds were bought with the proceeds.

The food produced was then ready to be conserved. Each girl attended a meeting of their 4-H Club in which a canning demonstration was given, and in several cases, demonstrations were given in the homes of the girls. At the

end of the canning season, the agent and the manager from Sears' Store here in Richmond made plans for the canning contest. The agent and assistant agent visited each girl's home and chose one jar of each variety of food to be entered in the County canning contest held in the Sears' Store. The exhibits were judged, and Sears gave prizes of \$7.00, \$5.00, \$3.00 and five one dollars.

On the day of the contest, Mr. R. L. Rabb, Manager of Sears' Store here in Richmond gave a luncheon at Hotel John Marshall and invited the 25 girls. This was enjoyed by everyone and Mr. Rabb praised the girls for their fine cooperation and splendid work and good quality of food produced.

The four counties participating in the Sears 4-H Victory Garden Project sent their exhibits through mail to Sears' Store to be entered in the state contest. The exhibit which won in the state contest was then sent to Chicago to be entered in the National Canning Contest to be held during the National 4-H Club Congress. Henrico exhibit won third place, receiving \$10.00 in War Stamps.

As a result of this project, the following figures were established:

435	pounds of food dried.
199	bushels stored.
1,500	quarts of food were canned by the girls without assistance.
6,078	quarts were canned with their assistance.
104.29	amount of sales.
81.22	total cost of project.
\$3,712.87	actual value of food canned and stored.

The agent feels that this project has been the most outstanding accomplishment during the entire year's work, because of the fact that more younger people were reached directly and they became to know the importance of producing their own food.

b. Family

The January meeting of the 4-H Clubs was devoted to the family project with all the girls listing work to be done at home which they could assume as their home responsibility. From the list suggested by the girls, each one selected two family projects for which they would be responsible. At each meeting, the girls made a report on the progress and success of their project. Some of the projects chosen by the girls were

- 195 family vegetable gardens.
- 153 kept yard clean and cut grass.
- 132 kept the living room clean.
- 167 cleaned their bedroom and kept clothes hung up.
- 122 prepared and served supper each night.
- 78 made up all beds before going to school.

The family project has contributed a great deal toward the girls assuming more home responsibilities.

c. Club or Community

Individual club programs for the year were made out by the officers at a program planning meeting held in December 1941. The vice-president was program chairman and had charge of seeing that the programs were carried out. When making out the programs, the committee tried to use each club member on the program during the year at least once. Each club assisted in the salvage drive for scrap metal and rubber as their community project.

2. Health

Two programs during the year were devoted to health. The girls were encouraged to have physical corrections made so they would be 8-pointers - correct teeth, eyes, hearing, throat and weight.

281 girls improved personal cleanliness.
266 girls kept work clothes and shoes in good condition.
238 girls improved posture.
259 girls improved food habits.

3. Community Activities of the Club

a. Camps

Fifty-seven club girls and three leaders attended Jamestown 4-H Camp during the week of July 6 - 11. The County School Board furnished a school bus and driver to transport the club members to and from camp. Educational classes were held during the mornings in nutrition, food conservation, making Cottage cheese and American cheese, gardening, forestry, group singing and game leadership. Useful handicraft articles were made by all the club members. The afternoons were devoted to volley ball, soft ball and swimming. A fine group of girls attended camp from the county and the agent felt very proud of their conduct and the part they took in the camp activities.

b. 4-H Mobilization Week

Henrico 4-H Clubs' Victory Day program was held on April 10, during National 4-H Mobilization Week at 8:00 p.m. in a centrally located county school. During the week, club members made and sold 4-H Clover Leaves and realized \$65.03 from the sales. Scholarships to 4-H Camp were given to two girls and two boys for selling the greatest number of clover leaves. Two hundred boys and girls were enrolled in the food conservation, garden and poultry projects during Mobilization Week, thereby, encouraging more boys and girls to have a definite part in the increased food production and conservation program.

A small silk American Flag and 4-H Flag on a base was presented to the club for enrolling the greatest number of members during Mobilization Week.

All club members attending the Victory Day Program and who agreed to produce and conserve food were presented with a 4-H Victory Button after repeating an original 4-H Pledge for Victory written by the agents and was given as follows:

HERRICO 4-H VICTORY PLEDGE

As a 4-H Club member -
I pledge myself to accept
My responsibility in the
Production and Conservation
of Food for Freedom, and
in any other ways that
I can help my Country
To Victory.

About three hundred club members and parents attended the Victory Day Program and the agent feels that it served its purpose in getting club members and parents aroused to doing their part in the increased production program. (A sample copy of the program will be found in the appendix.)

c. Salvage

The 4-H Club members have shown interest in the collection of scrap metal, rubber and paper. The members collected scrap and paper in their homes, and canvassed their communities. They placed the scrap in piles at central places, so it would easily be collected by the trucks doing salvage work.

The following amounts were collected:

95,428 pounds of scrap metal
22,454 pounds of scrap rubber
11,644 pounds of scrap paper

D. Older Youth

The older youth groups in the county are made up of boys and girls with full time jobs, which necessitates their contribution to the war effort being made after working hours. Fifteen girls completed the First Aid Course giving 260 hours to this work. Seven girls have regular hours to serve at the observation post, serving 728 hours. The girls knit for the Red Cross during lunch hours, in the evenings at home and have knitted thirty-five sweaters and fifteen scarfs. The girls have not been unmindful of the importance of buying war bonds. Up to the present they have purchased \$10,275 in war bonds.

At the regular meetings of the clubs, talks and demonstrations have been given on nutrition, sugar substitutes and meal planning.

The agents visited the Governor's office and requested him to make a Proclamation for 4-H Mobilization Week. He very graciously complied to this request, a copy of which will be found on the following page.

COMMONWEALTH OF VIRGINIA

Governor's Office

Richmond

PROCLAMATION
4-H MOBILIZATION WEEK
April 5-11, 1942

WHEREAS, The 4-H Club Programs play a vital part in the lives of the rural youth of the Commonwealth of Virginia, developing Head, Hand, Heart and Health and enabling their members to make far-reaching contributions to the life of their communities, not only towards better rural living on the farm and in the homes but in demonstrating the fundamental principles of democracy, and

WHEREAS, in the present national emergency they are called upon for greater contributions and added responsibilities in many lines of endeavor including increased food production through gardens and livestock projects; preservation of foods through canning and preserving; health and nutrition programs; conservation of valuable materials and assistance with many phases of civilian defense.

NOW, THEREFORE, I, Colgate W. Darden, Jr., Governor of the Commonwealth of Virginia do proclaim the week of April 5th-11th, 1942 as 4-H Mobilization Week and urge the citizens of the Commonwealth to give wholehearted cooperation and support to the endeavors to this important group of future citizens whose part in the future of the community, state and nation is such a vital one.

Given under my hand and under the lesser seal of the Commonwealth, at Richmond, this 3rd day of April, in the year of our Lord one thousand nine hundred and forty-two, and in the one hundred and sixty-sixth year of the Commonwealth.

(Signed) Colgate W. Darden, Jr.
Governor

E. Other Work Done by Home Demonstration Agent

1. County Nutrition Committee

The agent assisted the chairwoman and chairman in appointing a chairwoman in each magisterial district in the county. The district chairwomen called a meeting of representatives of all organizations in their districts, the Farm Security Home Supervisor and the agent met with each group and gave assistance in outlining a nutrition program. A list of qualified speakers were given each organization representative present and they were asked to devote one or more programs on nutrition during the year and to organize nutrition classes where possible. The agent taught two nutrition groups with a membership of sixty-eight women. Three other nutrition classes were formed and taught by other county workers.

2. Office of Civilian Defense

The agent has worked very closely with the County Coordinator for the Office of Civilian Defense who is the County Engineer. Early in the year the Coordinator requested the agent to prepare a bulletin on available help and material from the agent's office which could be used by the defense chairmen in the various communities. (A copy of this bulletin will be found in the appendix.) The agent has been appointed Consumer Relations Specialist for Henrico County by the State Consumer Relations Representative and attended a meeting in Richmond called by the State Representative. A report was given by the agent on what was being done and how the consumer was being helped.

The County Coordinator has requested the agent to assume all responsibilities, thereby relieving him of any work in connection with "Share the Meat"

5. War Bond Committee

The home demonstration women and their families have bought \$70,380.40 worth of war bonds and stamps. They feel that they are really helping in the war effort when they buy bonds and stamps, and are therefore purchasing as many as possible.

November 22nd through November 28th was designated "Women at War Week". The agent spent one day assisting in the sale of war bonds.

One club has been saving money to be used in building a club room, but due to the restrictions on building materials, they were not able to use their money in this way, so they have purchased four one hundred dollar bonds. Another club has purchased one one hundred dollar bond.

6. Red Cross

The agent has encouraged and promoted the participation of the home demonstration women in the various activities of the Red Cross. In three communities, the home demonstration women have sponsored Red Cross sewing rooms, and have solicited the help of the other women in the community.

In one of the clubs, which sponsored a Red Cross Sewing Room, twenty-two women have worked in the sewing room and as a result they gave 1,624 hours of their time and made 598 garments and knitted twenty-seven garments.

In the other communities, the home demonstration women have worked in the sewing rooms. The total number of garments made in the sewing rooms throughout the county has been 1,559. Many of the women have done Red Cross knitting. A total of 513 garments have been completed. One woman has bagged wool, and helped in the distributing of it to the various knitting departments. Two hundred and fifty-four hours have been devoted to rolling

bandages at the Red Cross Centers.

A woman who could not leave her home to help in the Red Cross war activities canned fruit and gave it to the Red Cross. Another made aprons and sold them, donating the money to the Red Cross.

Several of the home demonstration women who are qualified are serving as nurses in the Casualty Corps during air raids and blackouts.

7. Mattress Program

The Cotton Mattress Project was brought to a close in March 1942. A total of 475 mattresses were made as a result of this project and 278 families received the benefits of better bedding in their homes. Of this total number of families reached, 186 were colored.

The making of mattress covers was encouraged and many were made to protect the mattresses.

A survey was made among the people who received mattresses to secure the number who produced their own food. It was found that 145 raised vegetable gardens.

Much information on gardening and food conservation was given to the people and as a result of this, many agreed to raise a garden who had never before raised one.

The agent feels that this was a very worthwhile project and reached many who are still enjoying its benefits.

VII. Appraisal of the Most Significant Contribution to the County

The greatest contribution to the county made by the home demonstration program was nutrition, food production and conservation in relation to health because strenuous times ahead demand that every individual must be physically strong, mentally alert, and emotionally stable to stand up to the job to be done. The carefully planned food supply produced on the farms is a vital part of the war effort, and equally vital to the war effort is the keen interest the women have in nutrition aroused by the National Nutrition Goals.

In the great upsurge of interest in Victory Gardens and Nutrition, church groups, civic clubs, parent-teachers' associations, school groups, and others besieged the agent with requests for classes, talks and exhibits.

APPENDIX

COUNTY OF HENRICO, VIRGINIA

CIVILIAN DEFENSE

Project Bulletin No. 6

Available Through

The Department of Agriculture

**H. E. Hutcheson, Farm Agent
Miss Marion Lawrence, Home Demonstration Agent**

1. Victory Gardens - Vegetables to be eaten fresh
Vegetables to be dried and put in jars
During the months of December, January, February and
March food is least available
2. Nutrition, quantity and proper kind of food
3. Food Conservation (canning and preserving)
4. Soy Beans - Henrico County's quota 4000 acres
5. Farmers Production goal sheets
6. Clothing - Community sewing and remodeling centers
7. Home furnishings - Repair and remodel
8. Salvage of critical materials. Scrap metals, old rags, old
rubber, waste paper. If to be collected by junk man the
quantity should be at least $1\frac{1}{2}$ or 2 tons.
9. Music - Group singing, musicals and concerts under the
direction of Mr. Paul Saunier



Club members arriving at home demonstration club meeting.



Winner in County Canning Contest holding two
of her prize winning jars.



Winner in County Garden Contest



Garden Specialist judging winner of Sears' Victory Garden Project while agent records score.



Winner in Sears' Victory Garden Project picking ripe tomatoes from her garden on the twenty-eighth day of June.

FLASH

NO.

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