

ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK

CULPEPER COUNTY
VIRGINIA

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assists in executing the county program. This official planning committee meets semi-annually with the fall meeting given over entirely to program planning.

After this county planning meeting the president of each club presents the county program to their group. Following a discussion in the club the club program is then set up in detail, with leaders and chairmen appointed to assist in carrying out the plan of work.

b. Subject Matter Fields -

Work was conducted in the field of clothing selection and construction dealing with the making of simple work garments. The members felt that more durable, attractive, better fitting work clothes could be secured if they were made at home and not purchased. Other fields included food preparation, food preservation, nutrition and citizenship.

The members felt a need for more enlightenment and help in these fields. Therefore, incorporated such subjects into the yearly plan.

c. Project Activities

1. Clothing

(a). Selection and Construction

Because the price of clothing remained high, quality and workmanship poor the members decided to make instead of buying their work garments.

The objective being to encourage homemakers to make or select better fitting, comfortable, more durable, attractive, as well as energy and time saving work garments.

Four monthly meetings held in succession were given over to this project. At the first meeting the women studied selection of patterns and fabric. The second meeting dealt with alteration of patterns and cutting of garments, while at the third, construction and fitting of garments were demonstrated. At the

fourth, and last meeting dress finishes were featured.

The club leaders purchased and used materials for each of the four demonstrations. They purchased patterns and fabric which were used to demonstrate each step in this clothing project. This meant that at the end of the demonstration each leader had a completed garment. Members also brought patterns and fabric to meetings and were assisted with each construction problem.

As a result of this project 2,468 garments were made by club members. A majority of the women remodeled the garments they had made at their spring club meetings. Quite a few of which had been made from feed bags. Excellent workmanship and fitting were displayed in these garments.

A variety of work garments were featured including dresses, aprons, slack suits, jackets, smocks, and cover-alls.

The women not only learned the basic principles involved in making and selecting functional garments, but are more becomingly, neatly, and comfortably dressed for work than before this project was conducted.

2. Foods

(a). Nutrition and Preparation

Meal planning for health was the phase of nutrition studied by all organized clubs. This topic was featured as one of the monthly demonstrations. The members felt a need to learn more about what constituted adequate diets and how to incorporate better nutrition into every day meals. They wanted to make sure they were serving their families a diet that would promote better health.

Leaders from each organized club were trained to assist or give the Meal Planning For Health demonstration to their groups. Eleven such demonstrations were given by these trained leaders. They not only taught basic meal planning but demonstrated a master mix and prepared a recipe from the mix.

As an outcome the club members reported serving better meals each day. They have become more conscious of the menus planned and are attempting to incorporate necessary foods into daily diets. The master-aid is being used a great deal and women say they like it because of the time saving element. One hundred and thirty-four members reported the improvement of meals served since the study was conducted.

One dish meals and holiday desserts were the two food preparation demonstrations featured.

In order to serve a wholesome meal as well as save time, the one dish meals demonstration was requested. Holiday desserts were incorporated in the program because the women desired something different. They were tired of preparing and serving the same desserts year after year. Therefore, the goal set for this project was to assist homemakers in serving time saving, wholesome meals, and appealing, different holiday desserts.

The 26 food leaders from 13 organized clubs were trained by the specialist and home agent to give these demonstrations. Twenty-four of the 26 club meetings were conducted by these leaders, leaving only two to be cared for by the home agent. Four leaders were invited to give the dessert demonstration to two other groups besides their own.

Reports submitted afterwards indicated that the one dish recipes has been used 935 times, and the desserts 1212 times.

The members of one home demonstration club who serves dinner to a civic organization in their community four times a year decided to serve a one dish meal to that group at the November meeting. The men liked it, said it was different and they enjoyed the menu for a change. Twenty-five dollars was realized from that meal as well as time and energy for homemakers in preparing and serving the food.

Stirred Curd Cheese continues to be made year after year

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by approximately 12 families in this county. They prefer the home made to the commercially made and it provides a means of using surplus milk.

This demonstration was given to one unorganized group this past year. It has been featured in every community in the past several years. Therefore, homemakers have taught numbers of individuals to make such a product. Four hundred and eighty-one pounds have been made this year.

One homemaker reported the making of 50 pounds. Two others make a 100 pounds annually and give the most of it as gifts. Various methods are used for removing the whey from the curd. One woman reports using the drier of her washing machine for this purpose.

(b). Food Production

Food production, including gardening, poultry raising and small fruit culture started during the war years and has continued as yearly programs. There was a need at that time to interest more farm families in producing the foods required for adequate diets and that need still exists. Although some improvement has been noted since the incorporation of food production in the yearly plan. This project is also intended to keep the families informed on new research developments so they may profit by the use of such.

Garden and poultry leaders were selected in each club and they assisted with this program by presenting timely information relative to each phase of this production. As a result, families have increased the varieties of vegetables and small fruits grown.

A larger variety of vegetables was grown this year with more emphasis given to fall plantings. Fifty-eight families are now growing small fruits for home use and for sale. Needed changes in cultivation practices have been adopted by many of the old growers. This helped to produce fruit of a better quality.

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(c). Food Conservation

Conservation of foods is practiced by club members throughout the year. The latest information in conserving food was given at all seasons and whenever requested.

The objective of this project has been to enable the homemakers to conserve all possible food needed. Also to have a more edible product with as much nutritive value retained as possible. With that in mind, the latest available information on canning, freezing and storing of foods has been submitted through meetings, personal contacts, phone calls, newspaper publicity and letters.

The local frozen food plant and home freezers have provided a means of conserving more and a variety of foods. The families with access to such means have used them almost entirely for conserving.

Eight home freezers have been purchased by farm families this year.

Records submitted indicate that 1443 pounds of fruit, 2175 pounds of vegetables and 11,384 pounds of meat have been frozen by club members.

Canning is still the prevailing method used for conserving foods. Fifty-six pressure cookers and saucepans were purchased and used during the year. Canning reports reveal that a total of 24,700 quarts were canned, and 1,428 bushels stored.

3. Home Management

(a). Kitchen Improvement

This project was started two years ago when six homemakers living in different sections of the county were secured as Kitchen Demonstrators. These kitchens served as result demonstrations and were available to

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the public at all times. This enabled the people to see improvements as they were made.

At the beginning of this project the demonstrators were visited by both the specialists and home agent and given suggestions for improvements. Such visits were continued until kitchens were completed. Meetings were held in these kitchens both during and after improvements had been made. This was one means of showing what could and had been accomplished. These demonstrations were used as a teaching aid.

The kitchens were completed this fall and a county wide Kitchen Tour conducted in September when three of these remodeled projects were viewed by 130 homemakers.

Some of the improvements included the installation of sinks with hot and cold water, better and more convenient storage, new floors and floor coverings, working surfaces of correct heights. The changing of doors, windows, and closets to make rooms more convenient.

This county wide project has served as an incentive to other homemakers and as an outcome five other women are beginning extensive improvements to their kitchens. One hundred women report making minor changes in their kitchens, which has meant both step and time saving.

After fourteen years of working in a very inconvenient kitchen and making 200 steps daily to and from the pantry, Mrs. Walter Apperson decided to "do something about it."

This homemaker had no handy place to store things except across the room in a pantry, no place to work; the refrigerator was off by itself; the sink alone against a wall and the range on another wall which made the room unsuitable as a "work shop." All in all, this homemaker wasn't very happy with her kitchen. She walked miles daily from the sink to range, to the refrigera-

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tor, to the pantry. Besides these inconveniences, this kitchen was used for living room, dining room, wash and laundry room.

She got her inspiration for improvements and likewise ideas from the kitchen shown in the Farm and Home Labor Saving Show which was staged in this county, October 1947. She also secured the assistance of the state home management and housing specialists, as well as the county home agent in planning every detail before construction begun. She now has a kitchen where working, eating, and living are never-ending pleasures. It has the "new look" and you wouldn't know it was the same kitchen. #

By placing the stove with an end to the wall, rearranging the refrigerator, installing base and wall cabinets the kitchen has been made a compact, convenient U-type. This homemaker says her revolving cabinet is the joy of her life. Everything stored on these revolving shelves is in view and easy reach.

Another convenience she prizes is an upright sliding drawer. A great deal of equipment is kept here, and a roller under the outer end aids in operation. Half of a wide standard size window was partially closed to make room for a sink and cabinets. Space has been provided for a dining area and the kitchen proper is removed from lines of traffic.

The cost of building and installing cabinets was \$560.00. But this family says this is negligible in comparison with the effort, time, steps, and disposition which has been saved.

Out of this remodeling a laundry room was made which was once the pantry and opened into the kitchen. The washing machine, ironer, ironing boards, and iron as well as other laundry equipment are kept in this room.

A wash up center for use by men was constructed on the back porch. This is also used for washing vegetables before bringing them into the kitchen. The old sink which was used in the kitchen before the modernizing serves in the wash up center. #

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There are four members in this family, two girls, age six and eleven and the parents. This homemaker does a great deal of freeing of foods, canning, preparing meals for hired men, looking after her poultry flock of 150 birds as well as many other homemaking duties. This improvement has meant saving of physical strength and providing more time for her family as well as community activities.

4. The House and House Furnishings

(a). Lamp Modernizing

Five organized groups featured the restyling of lamps as a club choice. The members in their groups felt a need for better lighting and one means of securing it was to convert old oil lamps into electric lamps. The women were requested to bring old oil lamps, rays and bridge lamps, as well as candle holders to these meetings which were electrified. The women learned the techniques by actually doing the work. The home agent first gave a demonstration teaching the method of modernizing lamps. Following that each homemaker learned the procedure by modernizing her lamp.

As an outcome a number of beautiful old lamps have been made usable and better more adequate light enjoyed by members. Sixty-six lamps have been modernized and are now being used.

One of the local merchants told a home demonstration member that they must be doing a wonderful job with electrifying of lamps. He couldn't keep the supplies in stock needed for such work.

A very ingenious homemaker reports the making of two oil lamps and two old gas jets into very pretty electric lamps. After electrifying the gas jets, marble bases, diffusing bowls, and attractive shades were added. These lamps are now being used in the living room on tables at each end of the sofa. They are an addition to the room and this homemaker is proud of these

because of their attractiveness as well as the light they provide. The cost of remodeling was negligible. The other two electrified oil lamps are being used in the bed room.

This member likes to pass on information gained to others, so she gave this demonstration to an organized group and has assisted four other women with such work.

(b). Bed Spread Making

The members of three clubs selected the making of tufted bed spreads as a club choice. They felt that prettier, less expensive, and more durable spreads could be made than purchased. The prevailing price charged by local stores was more than they wished to pay.

For this project the women were requested to bring to the meeting materials with which to work. A feed bag or unbleached cotton was used by the women for learning the process.

After a discussion of designs, colors, sizes, techniques, etc., in spread making the following was accomplished: Each woman worked out a design for her spread, then transferred it to the fabric, next appropriate colors for the designs were considered.

The colors selected depended upon whether the spread was to be the dominate color in the room or used to harmonize with other colors.

Several members preferred natural colors while others chose pastels. Quite a number of different, unusual designs were featured, all of which would make attractive spreads.

The next step was learning the tufting stitch, which was simple and easy. The women decided that using four, six, or eight stands of thread for tufting made a prettier spread than two strands. The threads were clipped after the designs had been completed, this made the tuft. Spreads were

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soaked in warm water for several hours before hanging out to dry.

Up to the present time 29 such spreads have been completed and quite a number in the process of being made.

(c). Refinishing Furniture and Reseating Chairs

These projects were selected as a club choice by two groups. Considerable work along this line was accomplished in 1947 and has continued to be done by individuals as a carry over.

Only one demonstration each was featured but homemakers are constantly helping and showing others how to do such work.

Members have reseeded 14 chairs using both cane and fiber. One homemaker reported that her son, who learned the procedure at camp last summer, had taught her the method and they were planning to reseat several this winter.

At least 125 pieces of furniture have been refinished. The home agent is continually being called or asked for the refinishing method.

Mrs. Arthur Kite, president of a home demonstration club has put into practice house furnishing recommendations learned through the home demonstration club program.

Her first undertaking was the remodeling of an old Morris chair which was in need of being rejuvenated. This chair was repaired by first removing old covering, padding, webbing, springs, tacks, etc. Then the springs were retyed, webbing replaced and stretched. Arms of the chair were also sawed off, in order to give it better lines and proportions. Next, the seat and arms were padded, and covered with feed bags. The chair was then ready for a slip cover which Mrs. Kite made. She used a pretty, soft shade of plain green fabric for this cover. The remodeled chair is very attractive and comfortable, as well as an addition to her furnishings.

The second project to be accomplished was that of making

slip covers for three pieces of living room furniture. These included a sofa and two large chairs. For the sofa cover she used an all over patterned fabric in colors to harmonize with the rug and pictures used in the room. In order to relieve the monotony a plain fabric, harmonizing in color was used for slip covering the two arm chairs.

Mrs. Kite's next improvement was the making of draperies for the living room windows. She used fabric for this like the type used on sofa.

This homemaker feels well repaid for the time, effort, and money spent on these furnishing projects. The improvements are gratifying and she has an attractive room.

(d.) Floor Finishes

Although this method demonstration has not been conducted this year results of the ones given in 1947 continue to be reported. This is verified by telephone calls, inquiries on the street, in the homes and at meetings. Homemakers are anxious to know if they are using recommended materials and correct procedures.

Mrs. Bryant Smith who served as a result demonstrator and refinished eight floors in her house says she has been kept busy answering the phone and giving information relative to floor refinishing. Her demonstration was visited by 150 women.

Fourteen homemakers have refinished 59 floors this year.

Mrs. T. C. Queen knows that Tuesday, September 2, was a day well spent for her. It was the beginning of an inspiration and a determination which has meant a beautifully refinished floor in the living room of her old Colonial house. Mrs. Queen was a member of the group that visited kitchens and homes in a county-wide tour on that day and saw the splendid job Mrs. Bryant Smith had made of refinishing her floors.

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Before starting this project Mrs. Queen talked with Mrs. Smith a number of times to become familiar with the method she used. She followed each step as outlined by Mrs. Smith.

The cost of this refinishing was only the price of floor seal and rent of the sanding machine. Mrs. Queen and her son did the work themselves. Her son operated the sanding machine and removed the old floor finish. Mrs. Queen filled the cracks, rubbed the floor with steel wool to remove all dust, put on three coats of floor seal and then followed with three coats of wax.

This homemaker says it was hard work and took time, but that she does not regret it because her floor is lovely and she is well pleased.

This floor refinishing project is gaining momentum. Miss Cairo Parker, who lives in a downstairs apartment in same house with Mrs. Queen, has also refinished the hall and living room floors in her apartment. She was so impressed with Mrs. Queen's work that she couldn't resist doing over hers. These homemakers plan to continue this work until every floor in their house has been refinished.

Quite a large number of homemakers in this county are using floor seal for refinishing and have found it more satisfactory than varnish or shellac.

(e). Home Ground Improvement

Improvement of home grounds was selected as a project to be featured by one club during the year. This was conducted by a group discussion, visits to individual lawns, a guest speaker, and a visit to a local nursery.

Various improvements were made in grounds ranging from the seeding of new lawns, to the planting of flowers, shrubbery and trees. Home grounds were improved by 18 women

2. Federation Goal

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(a). Citizenship

When the annual program of work was projected this goal was selected to be given major emphasis. The women felt they needed to be better informed in order to become better citizens and to meet the responsibility incurred in a free democracy.

The objective was to have each home demonstration club member and other women in the county become more aware of functions involved in citizenship and interest them in becoming participating citizens.

This program was mapped out and objectives charted at a county citizenship training meeting held in early January.

These goals included making the home a place of training for better citizenship through teaching youth to share privileges and responsibilities; training home demonstration club women in simple parliamentary procedure so they can conduct or participate in an orderly fashion in all types of meetings.

Active participation in government such as encourage all women to register, pay poll taxes and vote intelligently without prejudice; keep alert to questions before legislative bodies and give support to measures which will benefit rural people; know all public services available in the county and work to see that they are effectively used and adequately supported; and know duties of various officers and know candidates for such offices.

Inform ourselves of neighboring nations that we may have a better understanding of all people and better attitudes in world citizenship and get clear understanding of public school system and how it functions in the county.

In order to accomplish these objectives, a county citizenship chairman and 12 club citizenship chairmen were selected. This group worked closely with the county chairman in promoting and accomplishing the objectives. It was the responsibility of each citizenship chairman to promote the county program

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in her club and see that it was accomplished. These chairmen used such methods as meetings, discussions, outside speakers, home visits, and telephone calls to accomplish the program. The county citizenship chairmen also assisted by appearing before five groups and discussing a topic selected by that group.

The results of the program were gratifying and showed that considerable interest had been aroused. They included such accomplishments as a county-wide meeting held in April to which club citizenship chairmen and other interested people were invited. Approximately 75 people attended. Topics dealing with local public services and duties of county officers were discussed by a local banker. Questions before the legislative bodies were presented by the organizational specialist of V.P.I. Encouraging women to register and vote was discussed by a local public speaker at seven different clubs. Very much interest displayed by all members hearing this lecture. It also helped the women to realize their responsibility as citizens and 29 more women used their voting privilege than in the past. All 13 clubs cooperated and practiced better parliamentary procedure. This objective helped the members to conduct better planned meetings. They have more confidence in themselves and are more conscious of parliamentary rules. Neighboring nations were studied by the members in seven clubs. A National Red Cross representative told of the conditions and customs of the Japanese people. The county chairman presented the topic "Women and Children of Russia" to six clubs. The director of instruction for schools of Culpeper County discussed the public school system at a meeting of one club as well as to an unorganized group of women. Each club devoted the month of May to Citizenship programs. These programs were in charge of the county and club citizenship chairmen. Besides this meeting fifteen minutes of four other monthly meetings were given over to citizenship discussions.

This program was enjoyed and proved to be of such value that a continuation of Citizenship as the federation goal was requested for the coming year.

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Health was the federation goal featured in 1947. As an out growth of that program one organized club continues to promote and conduct clinics for the people of their neighborhood. The county health doctor, with the assistance of club women, conducted an X-ray clinic this fall.

Another result is that 13 local people took advantage of the B. D. M. Cancer Clinic this year. Then in September committees from each of the clubs assisted in giving publicity and encouraging families in the different communities to take advantage of the free mass X-ray held in this county.

3. Other Activities

(a). Farm and Home Unit Demonstrations

Besides the two farm and home unit demonstrations which have been functioning in this county for the past three years, an additional one was added this year.

Objectives of such demonstrations are: To teach the family to keep satisfactory farm and home records; to establish and maintain a satisfactory standard of living; to develop community and county leadership in these farm families, as well as help to increase the farm income, and improve the skills of the homemakers for household tasks.

Publicity, personal visits, method demonstrations conducted at these homes, letters, meetings, and visits by neighborhood people to these demonstrations were the methods used.

A live-at-home program has been adopted by both of these families and they are now producing more of their food. They have set their food budgets, and have sufficient canned, stored, and frozen food to supply their families during the year.

Both a long and a short time plan for improving the farm and home have been made by the new demonstrators.

The James Broyles family has made improvements to their

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dwelling house this year by refinishing several floors and redecorating walls of lower floor of the house. Their dining room furniture has also been refinished. The majority of this work was done by the demonstrators themselves.

The long time plan for their home improvement includes remodeling of kitchen, building of laundry and storage room and a bath on lower floor. The kitchen remodeling is being undertaken at the present time.

Another Culpeper County farm and home unit demonstrator has been busy making improvements to their kitchen. Base cabinets, work surfaces and a built-in-wood box have been constructed. This type wood box is filled from the outside, avoiding the litter caused by bringing fuel into the kitchen. The home-maker says it is a most helpful addition and eliminates a great deal of cleaning.

(b). Community Clothing Banks

These "Banks" were set up again this year for needy children in each school of this county. They proved such a success and supplied so many children with clothing in the past that teachers requested such a project be repeated. In order to complete this clothing and deliver it to such "Banks" before cold weather clubs conducted this remodeling work in September and October. One group will feature such work at a later meeting.

Good warm clothing was solicited and given by club members for this purpose. It was brought to a central meeting place in each community and women spent all day restyling, patching, darning and making over this clothing. The women also brought their lunch and sewing equipment.

Besides the social part which all women enjoyed, 528 garments were remodeled for community clothing banks.

Clothing was also secured for two needy families residing in a community. Besides the clothing for these "Banks" five large boxes of clothing were donated to church organizations for foreign relief.

(c). County-wide Kitchen Tour

A 130 people attended the county-wide kitchen tour which was featured September 2.

Five kitchens were visited; three in the morning and two in the afternoon.

A bountiful picnic lunch was served during the noon hour.

Following the luncheon a photographer took pictures of the group, after which a short program was conducted. This included group singing and a talk by Miss Sallie Hill, editor of the woman's department of Progressive Farmer. She told of her experiences with homemakers in England and the Netherlands. She stated they are very determined and religious people. Believe in cooperation. They are not afraid of work and they try very hard. They have very little milk; 8 pints are divided with seven families. Eggs are served one Sunday a month. Grapes and peaches are raised under glass. All homes in Holland made of brick and these bricks are made from top soil. Therefore, since all top soil has been used the land will not produce grain. Only farmers can purchase land, not even a banker is allowed to buy land. All tenants living on the farms are invited to the same club meetings as the farmers as they want them to get the same education and have the same privileges as the farmers themselves.

Following this address a dress revue was conducted. Seven girls participated representing five 4-H clubs in the county. The winners were awarded a blue ribbon and a prize of \$2.00; a red ribbon and \$1.00 as a premium; and a white ribbon winner receiving 75¢.

After the program the two homes visited in the afternoon were the L. H. Teyman and R. C. Sample.

The tour group disbanded at 4:30 with everyone remarking that it had been a wonderful day with a great deal of information secured.

(d). District Federation Meeting

The local county home demonstration committee was hostess to the District VII Federation when it met here in early May. Prior to that meeting detailed plans had been worked out by a joint committee composed of the executive

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officers of the county organization and a committee named for such a purpose. Additional committees were appointed and given instruction as to their duties on and before that respective day. Each member of every committee functioned and did a splendid job. This made it possible for the program to move smoothly and on schedule.

A committee of homemakers from an adjoining county assisted by registering visitors on day of meeting.

Nearly 700 women attended this one day session.

The program theme was "Harmony in the Home, Order in the Nation, Peace in the World." It included addresses by the president of the state federation, the assistant director of Extension Work and a national 4-H fellowship student.

Reports were heard from the 11 counties represented at this conference. The entertaining features included special music, tap dancing, and group singing.

The results of this conference were numerous. Enthusiastic reports have been heard from homemakers residing in this county. They thought the program was both interesting and inspirational.

(e). State Federation Meeting

The county home demonstration committee defrayed the expenses of two delegates to the state federation meeting which was held in conjunction with the institute of rural affairs.

These delegates made a worth while contribution to the county program planning meeting by giving reports of that conference. They reported on phases which particularly assisted with program planning.

(f). Fund Raising Activities -

The home demonstration club members of this county pledged \$1500.00 to be used in furnishing a room in the Community Hospital which plans to be constructed in the near future. Various means of raising this amount have been used.

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Each club pledged or is making a \$150.00 payment toward this project. There are thirteen organized clubs, therefore, this donation should not be a hardship on any single group.

The goal is to secure this total amount during 1948.

One homemaker serves as treasurer for this project. Club treasurers submit their pledges to her and she banks the amount until the total county pledge is obtained.

Fund raising affairs sponsored by the clubs include selling of lunches at community sales. The amount realized from this project was \$293.15. Five clubs featured such activities.

Five groups conducted Rummage and Food sales. Proceeds of which were \$268.40.

One club conducted a one-day "Auction Sale." Every thing from hogs to hats was donated and sold. A local auctioneer gave his time and spent the day auctioneering. They realized \$200.00 from the day's sale. A local G.I. showed slides made of pictures he had taken in Japan as another means of making money for this club. Seventeen dollars was realized.

The members of another club spent several enjoyable days last winter making a quilt which was sold for \$25.00.

Pieces of fabric for this quilt were donated by members. A committee then met and cut the fabric into pieces for the designated pattern which was "Twelve Triangles." After these were cut the entire group met for a day and sewed them together. Following this an all day "Quilting Bee" was featured. Each member brought a "Covered Dish" for this occasion and the contents were served for the lunch. This made it possible for the hostess as well as other homemakers to give the entire day to quilting. This project provided both work and fun for that group.

Serving dinners to community organizations has been used by

a club for the purpose of raising money. Forty-four dollars and twenty five cents was realized from the meals served.

Another group sponsored a show featured by radio entertainers and received \$60.00 as the proceeds. An old fashioned square and round dance was conducted and \$158.00 obtained. A total of \$1036.55 has been realized from the different projects.

(g). Socials and Picnics

Each of the 13 clubs featured some type of recreation for its members and the community people during the year. The members felt that "All work and no play made Jack a dull boy" so to prevent that they decided to "play" instead of work at one of the meetings.

Plans for such were discussed at meetings previous to the socials and committees appointed.

Five clubs featured community picnics. A basket lunch was served or meals cooked in the open at the place picnic was being held. Games, singing, and special music afforded means of entertainment.

Two other groups staged Christmas Parties. Names were drawn and inexpensive gifts purchased and exchanged the night of the social. Stories and Christmas Carols provided the fun for these parties.

One club whose members had worked hard decided they wanted to "go out for dinner and then to a movie." They wished to be served a meal and not have to prepare it or know what was to be served until they read the menu. Thus, the president of that club made reservations for the members at a local restaurant. Every member attended and reported a nice meal, an enjoyable and restful evening.

Another club sponsored a joint social with a neighboring club. Both groups met in the evening at a designated place and enjoyed a "cook out meal" together. Both men and women attended and everybody had a good time.

4. Leadership

(a). Organization Leaders -

Fifty-seven women served as organizational leaders. Five training meetings were held for this group.

The work of these leaders is to see that their club functions properly. They secure a meeting place, keep a record of club activities, conduct the business of the club, advertise and send notices of all meetings, both call and regular, as well as increase attendance and membership.

Because of the work of these leaders, clubs functioned more satisfactorily, enrollment increased, more interest displayed in club work, and programs better organized, and conducted.

A year book was published again this year. It was used for conducting meetings, keeping individual records and giving publicity to the clubs program. This tool has been a means of increasing interest in the work and helping members to become more familiar with both the county and club programs.

(b). Project Leaders -

Nine training meetings, attended by 62 women were conducted for project leaders. These women assisted with such projects as clothing, foods, home management, house furnishings, gardening and poultry.

Sixty-eight demonstrations were given by project leaders and they assisted the home agent with giving of 44 additional ones. These leaders also helped with giving demonstrations to unorganized groups of homemakers. The county objective was to conduct 48 demonstrations in the absence of the home agent. Besides this number 20 additional demonstrations were given by leaders. Because of the leaders' interest and enthusiasm many women residing in communities, who were not club members, have enrolled and are taking an active part in the work.

(c). Federation Goal Leaders -

Each of the 13 organized clubs had one member serving as

Federation Goal Leader. Two training meetings were held for these leaders. They were responsible for presenting, promoting and accomplishing the federation objectives. They assisted in securing individual records and submitting club summaries. Without the help of these leaders, federation programs could not have been the success they were. They promoted the entire program and created interest in it.

B. Other Means of Reaching People.

1. Special Meetings -

Discussion groups and method demonstrations to unorganized groups were types of special meetings featured. These were used as means of reaching people not participating in the organized program. The main objective was to get new people interested.

These families were contacted by letter, phone or visit and invited to attend the special meetings. Relatively 125 additional families were reached through this means.

2. The Press

A weekly news column was featured in the two local newspapers throughout the entire year. This column carried news containing local color and timely information. People who were not reached any other way read these columns. Women who were not club members phoned, told the home agent, and other members that they received information through the columns. Approximately 350 families were reached through the press.

3. Home Visits

Visits were made to a number of homes this year which had not been visited before. This was used as a tool for contacting new people.

There was always a definite purpose for such a visit and they were usually made while home agent was working in that section. On several occasions a homemaker from the neighborhood went with the agent. Ninety-five new homes were visited and approximately 150 people reached.

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V. WORK WITH YOUTH

A. 4-H Clubs

1. Organization

(a). County Council

The membership of this Council is composed of 42 boys and girls who serve as officers of the seven organized 4-H clubs. Leaders are ex-officio members and do not have the voting privilege.

Due to existing conditions this Council did not meet during the past year but the carry over from 1947 has been splendid.

Objectives and programs were charted by individual clubs and they were successful in accomplishing their goals. The procedure as followed in the past was used. These goals were that each club hold one meeting per month during the school term; each club pay \$1.00 county council dues; all members participate in a contest; each club send at least two delegates to state short course or district camp; every club conduct a community service project; each club member take part on club program at least once during the year, and every member complete project and submit record book at close of club year.

Program committees were appointed in the clubs and they were responsible for seeing that such programs as Safety, Prevention of Colds, Removal of Accident Hazards, Vegetable Culture, Flower Growing and Crop Cultivation were conducted.

Majority of the objectives were accomplished, but every member did not complete project work, and neither did every member participate in a contest. Officers and committee members performed their duties very efficiently.

Parliamentary procedure was also followed in conducting club meetings.

(b). Typical 4-H Club -

Club work in this county can be typified by the activities and

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accomplishments of one organized group.

That organization, which is similar in all clubs, is made up of club officers, leaders and sponsors. These members elect their own officers, appoint committees and conduct their programs. The leaders and agents serve in an advisory capacity, giving assistance and guidance when needed. This club has a membership of 12 girls, all of which are interested and active. Details of the 10 meetings held during the year were planned in advance and all members knew what they were expected to do before hand and did it. The programs were in charge of a program committee. They were prepared before the meetings and ready to be given at the stated time. Several of the members had attended 4-H camps and they displayed initiative and real leadership ability. They had no trouble in featuring programs or promoting club projects. Every member knew the meaning of cooperation and practiced it. ●

The projects conducted by girls included Housekeeping, Clothing, Canning, Bread Making and Flower Growing. Twenty-nine projects were carried by 12 girls and every one except one completed her work and submitted a record.

This club defrayed a portion of the expenses of two delegates to district camp and several other members attended and paid their own expenses.

Equipment was donated by this group to the school lunch room as a community service project.

2. Project Work

(a). Steps in Determining Program -

The project program was determined and decided by the 4-H club girls themselves. All homemaking projects, including requirements were presented to the girls in late summer and early spring. The presentation was followed by a dis-

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discussion period, thus giving the girls an opportunity to ask questions, clear up any misunderstanding about projects, and to get a definite understanding of the program. No decision was reached at this first meeting. The girls were requested to discuss projects with their parents and solicit their guidance in making a selection. Then at the next club meeting they reported as to project selected. This presentation and selection were always made several months prior to the time such work was to begin.

(b). Subject Matter Fields -

Because the majority of 4-H clubs in this county met in schools during school hours, certain subject matter fields had to be considered. Such projects as Housekeeping and Care of Clothing, which featured short demonstrations, had to be considered for winter months when time was limited. During the summer months, when girls had more time, such subject matter projects as Bread Making, Food Preservation, Clothing Construction, Yard Improvement, and Food Preparation were conducted.

(c). Project Activities -

1. Housekeeping

This project was carried by 42 girls, 32 of which completed their work and submitted records. The Housekeeping project was featured during the school term and such short demonstrations as : making a bed, building a shoe rack, equipping a cleaning basket, arranging a bureau drawer for personals things, and lengthening a sheet were conducted.

The objectives in this field were to interest the girls in taking care of their rooms; to teach them to do housekeeping jobs more efficiently; to train them in bed making; and the making of articles for easier housekeeping. In fact, the object was to teach the girls to do more efficiently the housekeeping jobs they were already practicing.

Demonstrations, circular letters, and news articles were

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the methods used.

Results obtained show 25 sets of table mats made; 29 girls taking care of their rooms, 29 doing the job of table service; while 20 cared for fuel and seven arranged rooms for easier care.

Only three girls enrolled for room improvement work and three completed. One built a clothes closet, refinished floors in her bed room, refinished three pieces of furniture and slip covered a chair. Another provided a reading and studying unit in her bed room. Others made or refinished 12 pieces of accessories. These included desk sets, pictures, waste baskets, curtains and the like. One member brought two pieces of furniture and three members purchased nine pieces of furniture accessories.

2. Clothing -

Both construction and care of clothing were included in this project.

The objective was to teach girls simple construction problems while making garments for themselves. Also to plan their wardrobes and to buy only what was needed. Keeping of personal accounts was stressed, as well as storage of clothing and laundering of sweaters.

Demonstrations showing each phase of this project were given by club leaders, home agent and members. They were taught to learn by doing, so members gave the demonstrations to the group immediately following the giving of such by adults.

Thirty girls enrolled in the clothing construction project and 21 completed. Eighty-four new garments were made by these members at a cost of \$151.70. Sixteen garments were remodeled at a cost of \$9.59.

Twenty-six girls enrolled in the Care of Clothing project with 23 completing.

The teaching methods used were method demonstrations,

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pictures, personal supervision, and subject matter material. These tools were made very simple so that girls ten years of age could grasp the method as well as older ones.

Individual records submitted show 317 garments darned; 17½ patched; 31 dry cleaned; 142 sweaters washed and blocked; with 23 girls storing both summer and winter clothing.

3. Food Preparation and Baking -

Twenty-four girls selected such projects for their summer work. They were given demonstrations by club leaders, 4-H club chairmen, and the home agent. Following each demonstration the girls did similar work under the supervision of leaders or the county home agent. They met in small neighborhood groups at homes for this project work.

The objectives of such work were to teach girls to follow a recipe, measure accurately, score products and other techniques of food preparation.

Twenty members completed the projects. The girls taking the baking project made bread 488 times. In the food preparation project the member completed, prepared and served foods 90 times. Foods were judged 9 times at meetings.

4. Food Preservation -

This was another summer project conducted by 20 girls with 17 completing.

These members were encouraged to learn the latest methods in canning and freezing of foods as well as judging of products. Making a canning plan and assisting with meeting such a budget was another objective.

Demonstrations were given by both adults and juniors as a means of teaching this project. Other tools used were home visits, circular letters, and contests.

The results obtained show that 588 jars of food were canned

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by members alone. Also that help was rendered in canning 1,751 jars. Seventy-six packages of food were prepared alone for freezing while assistance given with freezing 286 packages.

5. Home Grounds Beautification -

Eight girls began this project but only six completed. They were assisted by home visits and demonstrations.

These members accomplished such activities as planting of shrubbery and seeding of lawns where bare spots existed. They planted and cared for flowers in borders while several assumed weekly care of the lawn.

Audrey Covell, a member of Brandy A-H Club, grows flowers for both fun and profit. She carried Flower Culture as her summer project and grew twelve different varieties of annuals.

Audrey entered three exhibits of annuals in the Country Garden Club Flower Show which was held in September and won a premium on each entry.

Besides supplying out flowers for her home, she gave some to friends and furnished flowers for church and school on several occasions.

This member grew flowers in borders around the yard fence and says they required a plenty of work. Besides the cultivation, insects and diseases had to be combated. Aphids and mildew caused more trouble than any thing else.

Her plan for next year's project is to grow more annuals in larger borders, prune shrubs more severely and get an outdoor fire place constructed.

6. Small Laundry Equipment -

Three girls conducted this project and all three completed.

Method demonstrations were used as a means of teaching this project. As an outcome of their work, three clothes baskets were lined,

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three clothespin bags made, two ironing boards padded and two pressing clothes made.

7. Poultry -

This project was featured by one member. Her records show 25 birds on hand, with only \$3.90 realized. She kept the pullets, so her total receipts should be greater this fall with eggs selling for a good price.

3. Other Activities -

(a). 4-H Camps

Twelve 4-H club girls from this county attended the district camp at Holladay Lake.

This activity develops leadership and initiative. It broadens their viewpoint of the program and serves as an incentive. Members attending camp always do better, thorough, 4-H club work.

The objective was to have two delegates from each of the organized clubs to attend this camp with a portion of their expenses defrayed from club funds.

● To increase interest in attending, camp plans were discussed and explained at several club meetings in the spring. Members were requested to discuss camp with their parents and to decide before the summer club meetings whether or not they could attend. At the meetings held in June delegates were elected and names of other members planning to go were recorded. These were kept informed and in late July detailed information concerning camp plans were sent the girls.

Five of the seven clubs had two or more girls to attend.

● These members learned a great deal at camp. They have assumed leadership in teaching songs, games, handicraft and project work since being at camp. These delegates gave enthusiastic reports and that has helped to increase interest in the club program.

Two older girls attended the State Short Course and one

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was accepted into the State All-Star Chapter. She has assumed more responsibility for club programs, meetings, and club records since attending. She was quite timid and that experience has helped to overcome the timidity to some degree.

One member of the county All-Star Chapter attended the state meeting held in July. She is quite active in junior organizations and has recently assumed responsibility as club leader for the 4-H club of which she was a member.

One girl was sent as a delegate to the state conservation camp at Holladay Lake. She received a \$5.00 scholarship from the club department for this trip and the remainder of her expenses were defrayed by a home demonstration club.

4. Leadership -

(a). Organization

Officers of the seven organized clubs, with their sponsors, served as organizational leaders.

This group assumed the responsibility for conducting meetings and programs in their clubs. They assisted with promoting and accomplishing the club plan of work.

Letters, home visits, and subject matter material were used as means of assisting these leaders. As an outcome, meetings were better planned and conducted..

Parliamentary procedure has been used in conducting business sessions. The presidents have had meeting plans in readiness and they have notified members in advance of club meetings.

(b). Project Leaders -

Seven adults served as project leaders. They assisted club girls with project activities. Besides this number 12 additional women from the home demonstration clubs helped with project work during the summer months.

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These leaders conducted 10 demonstrations and gave personal help to a large number of girls. They featured picnics for the girls which helped them to realize that leaders were interested in them and what they were doing.

Several of the leaders assisted with contests. They assumed responsibility for getting girls and their equipment to place where contests were to be held.

Each club had a junior leader who served as a project helper. They assisted by reminding members to bring record books and project equipment to meetings. They also checked the girl's project records and note books, giving suggestions and assistance whenever needed.

B. Older Youth

This group with a membership of 37 young women and men met regularly once a month. The group is reorganized each year with new officers taking charge in the spring. This changing of officers annually gives a larger number of members an opportunity to assume responsibility and develop leaders.

The program has consisted mostly of recreation, although such topics as vocational failures, cooperation for community improvements, wholesome recreational sports and wildlife have been conducted.

Objectives sponsored by this group were to assist with a survey to determine the number of eligible young men and women in the county not members of the organized club. Then attempt to interest these young people in becoming members. Increased attendance and participation by members was also attempted.

Committees were appointed which assumed responsibility for such objectives as monthly programs, recreation, attendance, publicity, project and others.

At present this group is sponsoring a project to secure sufficient funds with which to purchase a movie projector. When acquired it will be for use of the 4-H clubs, home demonstration clubs, young farmers organizations

and others, as well as for the older youth club's use. Such means as selling lunch at a community sale and sponsoring a movie have been featured for fund raising.

This organization, which enrolls youth from all over the county, has not increased in membership materially, but has attracted different young men and women to become members. Therefore, as some members are lost by marriage, moving, etc., new ones are gained.

The real benefit derived by this youth is the social activities enjoyed each month. The meetings help to fill a need for social contacts and enjoyment.

VI. WORK DONE IN COOPERATION WITH OTHER AGENCIES

1. Red Cross

This organization solicited the help of members in one home demonstration club last winter. A family in the county had lost their home and all belongings by fire. In order to render assistance to this stricken group the Red Cross furnished fabrics, patterns and thread and the club members made 46 garments for this family. Four quilts were also made from scraps and given this family.

2. School Lunch Program

Members of home demonstration clubs and parent teachers associations cooperated in prompting and helping to finance hot lunches in five schools in the county. In cooperation with school organizations the home demonstration club members from seven clubs assisted with canning of 288 bushels of green beans and sweet potatoes for school lunches.

One club featured a "Food Shower" for the lunch project in their community and another sponsored a "Towel and Kitchen Equipment Shower." A large quantity of food, small equipment and towels were realized from these projects.

3. County Cannery

Publicity, relative to location of cannery, the days in the week its in operation, cost of using the equipment and etc., has been supplied to a large number of homemakers.

Small money contributions continue to be made by club members for this project. A debt for the installation of canning equipment is still standing and club women are assisting to alleviate this indebtedness.

4. Health and Hospital Unit

The building of a community hospital is being undertaken in this county. A portion of the funds needed for building purposes is being solicited by a committee. A representative from the home demonstration clubs serves as one member of that committee.

A goal of \$1500 is the amount being raised by home demonstration clubs as their portion of this project. Two thirds of this amount has already been realized. It has been submitted to a homemaker who serves as treasurer for the clubs. She will pay the clubs' pledge in three yearly payments.

Home demonstration club members have cooperated with the local health unit by making 150 jackets and coats which were used by patients in the X-ray clinics. These members donated feed bags which were used for that purpose.

Twenty-five dollars was donated by clubs for the local Infantile Paralysis Drive and \$65.00 for the Cancer Drive.

5. Tuberculosis Association

The organization solicited the help of a committee, from each of the home demonstration clubs, in advertising and interesting people to take advantage of a free X-ray which was conducted here in September. These club members made a house to house canvass in several communities and encouraged people to attend this clinic. Other members furnished transportation to and from the clinic for fami-

lies not having such means.

VII. EVALUATION OF THE 1948 PROGRAM

Encouraging women to recognize and assume their responsibility as club members has been a slow process, but the home agent has seen such increase from year to year. The women realize this year, as never before, their responsibility for the success of the club program. They have made greater contributions and worked harder to see it function and succeed.

Another contribution has been the development of homemakers into active, enthusiastic leaders. These women have given more demonstrations, and taken more initiative than last year. The home agent contributes this to the fact that she has made the leaders feel that the job is theirs when it is assigned and they should see that it's accomplished. Because of the enthusiasm of club members through out the county a new home demonstration club was organized this year. All preliminary work was done by the group desiring a club. The home agent only had to assist with setting up their organization. Although this is a new club it has met three times in the absence of the home agent and splendid meetings were reported held.

As an outcome of the result kitchen demonstrations and the tour, women in all sections of the county are beginning to improve and remodel their kitchens.

Refinishing of floors in an approved manner is another contribution of this year's program. Families are paying more attention to methods of refinishing floors since seeing that result demonstration.

The home agent is more and more convinced that result demonstrations furnish desirable results and a larger number will be featured in 1949. Bath room construction will be conducted as the next result demonstration with continuation of kitchen improvement.

An additional Farm and Home Unit Demonstrator was secured

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during 1948. More demonstrations of this nature will be added for next year.

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