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ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK

✓ KING WILLIAM
AND
KING AND QUEEN

COUNTIES

VIRGINIA

REPORT FILES
EXTENSION WORK

✓ HOME DEM AGENT ANNUAL REPORT

1942

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Home Demonstration Agent

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III. Scope of Work

A. Home demonstration clubs

Number 9 Membership 262

B. 4-H Clubs

Number 7 Membership 124 (girls)

C. Older Youth

NONE

D. Number reached through special classes taught by agent

Number 42

E. Number families reached through neighborhood and community leaders

Number 200

F. Estimate total number families reached

Number 1100

Farms in county

King William 850

King and Queen 1250

IV. Organizations

A. County home demonstration committee

The home demonstration committee is composed of the presidents of each club and all the charter members of the old Advisory Board. It was felt that now with transportation such a problem we needed a separate committee for each county.

The committee would have been too small with just the club presidents and if the charter members were suddenly dropped they might not have understood and some of them are our best workers. Therefore the committee is composed of club presidents and the charter members of the advisory and Homemaking Boards.

The function of the committee has been to discuss any problems pertaining only to home demonstration clubs and to plan for home demonstration club activities. The number of meetings was reduced this year from four to three due to transportation problems.

The committee especially emphasized health activities. They made plans, in cooperation with the County Woman's Club, and organized five Home Nursing classes and two First Aid classes. The Planning meeting was held in connection with one of the committee meetings.

These counties are long and transportation is quite a problem so it is a great help when the committee members can get together and plan their work.

B. County Agricultural Board

The district agents met with the professional workers in January to make plans for the reorganization of the county Agricultural Boards.

In February the district agents, professional workers, and community chairmen (men and women) met to select the neighborhood chairmen (men and women) and to select meeting dates and places for each community. These community meetings were held but in some cases, due to transportation difficulties, they were very poorly attended. The chairmen that were present started listing their neighborhood families and learned their duties as a neighborhood leader.

The development of the organization has been slow due to the rapid change of personnel and to other existing conditions that had to be confronted. Some revisions and completions had to be made on the listing of farm families. This is being completed at the present time.

There are ten communities, five in King and Queen and five in King William and 30 neighborhoods in each county. There are 20 men and women community leaders and 60 men and women neighborhood leaders in each county. There are four older youths serving as leaders. In most all neighborhoods negro assistants were appointed but the negro agents are now working out their own communities and neighborhoods according to negro centers and population.

The organization has worked on several defense activities. Probably the best piece of work done thus far was on the Victory Garden Campaign.

C. Professional Workers' Council

The Professional Workers Council is composed of representatives of the Farm Security Administration, Soil Conservation Association, Vocational Home Economics, Vocational Agriculture, Superintendent of Schools and Extension Division.

The Professional Workers met in January to plan for the revision and organization of Agricultural Board. The county agent presided and the Extension workers felt that the other professional workers thought the organization to be an extension one. As a result the council met again and its purpose was explained and officers were elected. A representative of the Soil Conservation Association was elected chairman. Since most of the workers work in both counties a joint council was held. This was successful for a while until transportation became a problem and then the attendance was poor. As a result we have a separate council for each county.

Seven meetings have been held this year. Each worker has been assigned one or more communities to be responsible for in assisting the Agricultural Board. The Home Demonstration Agent is Secretary of the organization and is helping in two counties in each county.

V. Leadership

A. Adult Work

In November each club elected a president, vice-president, secretary, treasurer and two project leaders. These organization leaders were responsible for the functioning of the club and club activities. The officers this year have felt a definite responsibility for the program. These leaders have played an important part in reaching non club members.

Two project leaders were elected in each club to give major project demonstrations and to assist the agent whenever possible. Some of the leaders proved to be rather timid and were not willing to take the full responsibility of the meetings. However in some clubs the leaders were very efficient and took full charge of the demonstration. During the year there were three leader training meetings, with an attendance of 37. Some leaders were unable to get to the meetings so the agent did quite a bit of individual training. The specialists presented the material in such a way that it was easy for the leader to see how to go about giving the demonstration.

The Federation Goal for the year was Health. There was a County Goal chairman and each club has a Health chairman. Each chairman received the Virginia State Health

Bulletin each month. Other information was sent them from the agent and county Health Nurse. The clubs assisted in getting organized six home nursing classes; two First Aid Classes and two Nutrition Classes.

The same campaign was continued from last year. Each club had a campaign chairman to work on the campaign to have "At Least 100 Women in Each County Have a Physical Examination During the Year." The women were very interested in this but they had the same complications that they had the year previous. There is a great scarcity of doctors in the counties and they were kept busy with Selective Service Examinations and their regular practice. In spite of this more than 50% of the women have had examinations.

One woman has been appointed as leader in each community and neighborhood. These leaders have helped with several important projects such as the Victory Garden, Anti-Inflation, Scrap, etc.

B. 4-H Club Work

The club sponsor and project leaders have a two fold job. Since the clubs are held in the schools most of the sponsors and leaders are teachers. The teachers have their school duties to perform so they cannot give a great deal of time to 4-H club work. They are to be commended, however, for the splendid work done with a limited amount of time.

These leaders met once for a training meeting. Most of the teachers who are leaders are natives of the counties so they can carry on during the summer months. In some cases the agent was forced to give individual help or take charge of the club.

Each club, there are seven, has a president, vice-president, secretary-treasurer, and reporter elected each year. These boys and girls are given training in Parliamentary Law and leadership and are the real leaders of the club.

VI. Results

A. Home Demonstration Clubs

1. Project work

a. Food

The Home Demonstration clubs in King William, King and Queen have had three meetings on Food Production. The women were exceedingly interested in the Victory Garden Program. Even though these are very rural counties there were a great number of families that had very little or no garden. This year the women got interested in the Victory Garden campaign and practically every family had a garden. The club women studied the long time objectives for meat, poultry and dairy production very carefully.

The conservation of food was quite an extensive part of the Food Program. Each club had a demonstration on drying, canning and other methods of conserving foods. In addition to the club demonstrations the home agent or the Farm Security Supervisor gave a canning demonstration in each neighborhood during the month of June. The Specialist gave a leaders meeting on Food Conservation in May. In October a representative of the Kerr Jar Company gave a demonstration on Meat Canning. This was quite a help to the women and was well attended. The Home Agent and Farm Security Supervisor gave several other meat canning demonstrations.

The club women, in fact every woman in the county, seems to be more nutrition conscious. The agent has taught two Nutrition Classes and will probably have more in the near future. Regardless of what the subject may be for discussion at a club meeting, something is always said about nutrition. As a result of the club discussions the women are very interested in having their children better fed. They are interested in getting a better system worked out for supplying milk to school children.

b. Clothing

Each club had a discussion of consumer problems at a meeting in the spring and in the fall. They made a study

of trade names, manufacturing terms and how to read and interpret labels. The women reported that this discussion was a great help and as a result they were better able to buy and get better quality for the money.

The conservation of material and clothing was stressed in all clubs and communities. Much stress was placed on the care and conservation of woolens. A remodeling clinic was not held this year but the agent did some individual work on remodeling and two clubs had all day meetings for that purpose. One member made her whole fall outfit out of old clothes. The dress was made from an old black crepe evening dress. The coat was made over, a lovely fur muff ripped up and made into a collar for the coat and a small hat was made with a little of the fur for trimming. A number of other women made over coats and suits.

A sewing machine clinic was requested, but has not been held yet. It has been carried over to our program for the early part of the coming club year.

c. House Furnishings

The women studied conservation of furniture furnishings and equipment at a regular club meeting. There was much interest in the repair of small household equipment since the

women realized that it would be impossible to buy parts and new small equipment.

A furniture clinic was scheduled but due to transportation difficulties the women were not able to get their furniture to a center. The agent then gave individual help in furniture repair and in some cases two or three were able to get together. Several pieces of furniture were repaired and made over and many chairs caned. One love seat that was thought beyond repair was repaired, upholstered and refinished to look like a new piece of furniture.

d. Home Management

Most of the club women learned to repair such household equipment as electric cords, toasters, etc., and how to better care for the equipment.

Storage was an important factor in the years program. Especially storage of canned, dried and fresh vegetables and fruits. In a great many families more canning was done than ever before and the storage spaces in some families were not adequate. More drying was done than usual and the storage of dried foods was a problem. Several families made pits and other storage plans for fresh fruits and vegetables.

A few women are keeping home accounts but none of them have been very successful.

There is a farm and home unit demonstration in each county but they are not as active as they should be. Some improvements have been made in each home in the last year.

e. Markets

There are no markets in the county but a number of women sell to the market at Fredericksburg. Vegetables are sold on the Richmond market.

2. Home Demonstration Club Activities

a. Federation Goal

The Federation Goal for the past year was Health. Each club had a Health Chairman and at each club meeting presented something on Health. Special emphasis was placed on "The Importance of an Annual Physical Examination", "The Common Cold" and "Venereal Diseases."

Five home nursing classes were held and the home demonstration club members attended and succeeded in getting non club members to attend.

The home demonstration committee is still making an effort to secure more medical service for the county. There is only one doctor in the county and he is not physically able to take care of his practice. As yet they have not

been able to locate one.

b. Campaign

The campaign was to have "At Least 100 Women in Each County have Physical Examination During the Year." A great deal of interest was shown but the complications of last year still existed. A clinic had been planned but due to the shortage of doctors it could not be held. The few doctors available were kept busy with their regular practice and Selective Service.

c. Other Activities

The county and recreational activities of the clubs were rather limited due to war time conditions. The women were very interested in the meeting of the Eastern District Federation of Home Demonstration Clubs at the John Marshall Hotel in the spring. Thirty-two women attended from both counties, King and Queen having twenty-six and the third largest delegation.

Three clubs assisted in serving Ruritan suppers during the year and each other club had a money making project such as a musical program, sale, etc.

A county wide picnic was not held this year but each club had a community or neighborhood gathering during the

summer. Wherever possible a helpful speaker was obtained. Some nutrition talks were given. Some club achievement meetings were held to take the place of a county Achievement Day.

3. Story of Outstanding Work of Club

The Walkerton Home Demonstration Club did the most outstanding work during the club year. The group added five new members during the year and had an average attendance of seventeen. Their meetings were all held in the homes of the club members with a social hour following each meeting.

This club followed the program of demonstrations outlined by the State Department.

The club was represented at every board meeting, Home Demonstration Committee meeting, Leaders Training meeting and all other county meetings where the club should be represented. Twelve of the members attended the District Federation meeting in Richmond and six attended a meat canning demonstration in adjoining county by representative of Kerr Jar Company.

The club was the first in the county to pay the State Federation Dues and they sent a gift to each boy in the community who had entered the service.

The club helped sponsor a Home Nursing and First Aid Class. Both were well attended.

B. Agricultural Boards

The Agricultural Board has carried on several programs such as; Victory Gardens, Anti-Inflation, Scrap and soon will have the "Share Your Meat" program. The home agent assisted with all these programs by contacting the leaders in the communities she was responsible for and by discussing these programs at club meetings and whenever she had an opportunity to meet with county women.

C. 4-H Clubs

1. Project Work

a. Personal

At the beginning of the year a good many girls were planning to work on room improvements but due to war conditions many changed to gardens and poultry. Since most of the clubs meet in school they studied different phases of these projects in their club meetings at school. When spring came and the actual project work started much home visiting and individual help was given by home, farm and 4-H club agent.

During the summer the girls met in small groups wherever possible and completed projects. Some small

group canning demonstrations were given.

b. Family Project.

The family project proved to be quite an important one this year. Due to the draft, lack of labor and other conditions existing on the farm the children were forced to have more home responsibility. Many girls are milking, cutting wood, working in gardens and fields and doing jobs they have not done before. It was hard at first but the girls and boys see now that it is a way they can help and they are doing it in a more cheerful way. Helping develop this attitude has been an important part of the 4-H club Family Project.

c. Club or Community Project

The community projects differ in the various clubs. One club assisted with school lunches and one helped keep the school clean. Another helped set out shrubbery at school. The club programs were arranged so that as many members as possible could take part in club activities. The clubs took an active part in the scrap drive.

2. Health

Some phase of Health work was stressed at each club meeting. Food habit records were kept and these discussed at the club meeting. The children learned where their diets were deficient and records showed that over half of them im-

proved. A contest in milk drinking in one club, was a great help.

Other health habits besides food were stressed and each child encouraged to be a five pointer. Posters, commercial and those worked out by members on health were posted at schools and various community centers.

3. Community Activities

a. Recreation

4-H club members assisted Home Demonstration Clubs with the community and neighborhood picnics. Three clubs sponsored Bingo Parties. The other recreational activities had to be discontinued this year.

b. Camps

Thirteen club members and two leaders attended District Camp at Jamestown. These children received much benefit from the camp and have been a great help this year.

Two from the county attended the All Star Camp.

4. Work of One Club

The Mattaponi Indian 4-H club is not the most outstanding as far as the county wide activities go but does deserve some recognition. The club is composed of 14 very bashful Indian children. The teacher, who is employed by the State, serves as a leader and is quite helpful.

When the club was organized there were no cows on the reservation, only one or two children drank any milk

very few families had gardens and the children as a whole were very poorly fed.

The leader, 4-H club agent and home agent started working immediately on Better Foods and Gardens. It took quite awhile to get the children to overcome their shyness and ask questions. Now as a result of the help from 4-H club and school there are three cows on the reservation, three-fourths of the children are drinking milk, most every family had a garden and some canning was done. Lunches are now being served at school and the children are being taught to eat the proper foods.

The club agent has succeeded in getting some poultry started too.

This club is not represented at any county meetings due to the mixture of races and does not receive county recognition but it has been a great help to the small neighborhood on the reservation.

D. Older Youth

There are no older youth organizations in the county at the present time.

E. Other Work Done By Home Agent

1. County Home Economics Workers

, The home agent works very closely with all the Home

Economics Workers. The Farm Security Home Management Supervisor and home agent worked out the Food Preservation campaign together. The demonstrations were planned cooperatively so that one was given in each club or neighborhood. Meat canning was worked on the same principle.

The home agent worked with two new Home Economics Teachers getting their departments equipped and planning the lunch rooms. Since the W. P. A. lunch room project is going to be discontinued the lunch room work is falling on the Home Economics Teacher.

2. County Nutrition Committee

There have been several changes in the personnel of the nutrition committees. In spite of that some work has been done. Posters and exhibits were put up in various stores and community centers. Three nutrition classes have been taught and more will probably be taught during the coming year.

3. Office of Civilian Defense

The Agricultural Board and the office of Civilian Defense have cooperated and the home agent has done her share. The home agent helped with the voluntary registration of women and with the organization of the Airplane Observation Post. The women serve during the day and men at night.

4. Salvage Committee

The Salvage Committee has really been a part of the Civilian Defense and Agricultural Board. The home agent and clubs have worked hard collecting scrap, rubber, paper, etc. They have done a fine piece of salvage work.

5. Rationing Board

The agent assisted the rationing board with some of the actual rationing but most of the work done in connection with the Rationing Board has been educational work. Especially has this been true of the sugar rationing. That required much educational work. The "Share Your Meat" program will be an educational one.

6. War Bond Committee

The home agent worked in close cooperation with the War Bond Committee. A Bond and Stamp chairman was appointed in each club. The importance of buying bonds and stamps was emphasized at each club meeting. The agent assisted in the pledge drive and then special work was done during "Women At War Work."

8. Red Cross

All Home Demonstration club members did Red Cross work during the year. Several clubs had at least one

all day meeting where Red Cross sewing instructions were given. The agent assisted in getting sewing and knitting distributed to various members and parts of the county.

9. Mattress Program

The mattresses were all completed but the equipment has not been disposed of yet.

10. Others

The agent worked with the Parent Teacher Associations and Ruritan Clubs and other civic organizations. She appeared on several programs at Parent Teacher Associations and assisted with the School Lunch Project. She also helped organizations plan and prepare several Ruritan suppers.

VII. Appraisal of Significant Contribution to County

Probably the most significant contribution made to the county this year was the better nutrition program and Food Conservation. When surveys were conducted through the school children the nutrition committee were very surprised at the large number of families that did not have gardens and the children who did not drink milk. The home agent presented these facts to several county groups and to all the Home Demonstration Clubs.

As a result of this survey and of the club discussions practically every family had a garden and the women are working hard to improve the nutrition situation. They have been so anxious to get milk in all the schools and have succeeded in some.

Much emphasis was placed on canning and drying. Very few club members had dried any foods unless it was apples. This year at least 75% of all the club members did some drying of fruits and vegetables. In most storage spaces instead of seeing 50 or 100 quarts of canned foods there are 200 or 300 or even more.

The club women were surprised to find such a large number of women who did not can enough for their family's use and were very pleased with the results this year.