

VIRGINIA

ESSEX COUNTY	HOME DEM. AGENT	ANNUAL REPORT	1934
Index			Page
* c a 2.5	Adult clubs and groups		9, 11
c a 2.65	Junior clubs - Standards		2
c h 1.362	Farmers' institutes		7
12 a 9.1	Live-at-home program		9
T - 4			

REPORT FILES
 OFFICE COOPERATIVE
 EXTENSION WORK

ANNUAL
NARRATIVE REPORT AND SUMMARY OF EXTENSION WORK CONDUCTED
IN
ESSEX COUNTY, VIRGINIA
1934

BELVA DUDLEY
HOME DEMONSTRATION AGENT
TAPPAHANNOCK, VIRGINIA

HOME DEM AGENT ANNUAL REPORT

TABLE OF CONTENTS

Status of County Extension Organization	
Advisory Board	1
4-H Council	1
Map	
Explanation of Map	
Woman's Work	3
Clothing	3
House Furnishings	3
Home, Health and Sanitation	3
Home Garden	3-4
Home Poultry	4
Home Beautification of Grounds	4
Community Activities	4-5
Leader's Training	5
Short Course	5
State Federation of Home Demonstration Clubs	5
County Meetings	5
Relief Work	5
Program of Best Club	6
Recreation	6
Girl's Work	6
Minor Projects	7
Leaders' Training	7
Short Course	7
Achievement Day	7
Recreation	8

TABLE OF CONTENTS Continued

PROGRAM MADE DURING YEAR	8
Other Results	8
Plans and Goals for 1935	8
Newspaper Clippings	
Pictures	

PERSONAL REPORT SUMMARY

DAYS IN FIELD	202
DAYS IN OFFICE	90
DAYS ANNUAL LEAVE	18
DAYS SICK LEAVE	18
LEGAL HOLIDAYS TAKEN	5
HOME VISITS	1062
4-H CLUB DEMONSTRATION VISITED	121
DIFFERENT HOMES VISITED	223
OFFICE VISITS	303
TELEPHONE CALLS	53
NEWSPAPER ARTICLES	97
INDIVIDUAL LETTERS WRITTEN	974
CIRCULAR LETTERS	60
DEMONSTRATIONS	200
ATTENDANCE AT DEMONSTRATIONS	2186
4-H LEADERS TRAINING	9
ATTENDANCE AT MEETINGS	107
ADULT LEADERS TRAINING	6
ATTENDANCE AT MEETINGS	128
OTHER MEETINGS	62
ATTENDANCE	7794
4-H CLUB MEETINGS ATTENDED	95

PERSONAL REPORT SUMMARY

HELVA DUBLEY

Days in Field	40
Days in Office	27
No. Home Visits	270
Calls On Agent At Headquarters	59
Individual Letters Written	425
No. Different Circular Letters Prepared	7
News Articles Prepared For Press	39
NO Meetings Held	49
Attendance at Meeting	615
Miles Travelled by Automobile	2,834

PERSONAL REPORT SUMMARY

EMMA BRATTEN, ESSEX CO.

Days in field	161
Days in Office	64
Days Annual Leave	15
Days Sick Leave	15
Holidays	5
Leave Without Pay	0
Calls on Agent at Headquarters	283
Individual Letters Written	551
No. Copies Circular Letters Sent Out	4,205
No. meetings held	278
Attendance at meetings	4,896
Miles travelled by Automobile	7,848
Miles travelled by rail	0

STATUS OF COUNTY EXTENSION ORGANIZATION

Home Demonstration work in Essex County is financially supported by a body of men known as the Board of Supervisors. These men, one from each of three magisterial districts, elected by the people disburse county funds and have the power to employ, retain or dismiss county workers.

Presidents of the local Home Demonstrations Clubs, other influential women in the county and the President of the County Woman's Club compose the Home Demonstration Advisory Board, which meets quarterly for the purpose of furthering the work in the county.

The last Friday in January 1934, the Essex County Home Demonstration Advisory Board met for the purpose of making a plan of work for the year. Facing many new problems, in addition to the old ones the women decided to adhere more closely to their live-at-home program, working on year round gardens and food preservation, using coming budgets as guides.

There being no health unit in the county, a health program was to be sponsored. Diphtheria Clinics seemed the most vital need and, at the suggestion of Dr. B. B. Bagby, State Health Department, plans were made for making a survey to determine children of pre-school age who had not been immunized.

Special citizenship program for all Home Demonstration Clubs were to be taken as minors. Quarterly meetings of Advisory Board were to be held the last Friday in January, April, July and October.

Leaders' Training meetings were to be held in the major projects. One new group of women was to be organized in each magisterial district. Every club was urged to join the State Homemaker's Association and send a delegate to Blacksburg. The Advisory Board to do likewise. All state contests were to be entered by club women.

A Farmers' and Homemakers' Institute was planned, to be held in February for the purpose of bringing to the men and women of the county information involving their social and economic problems.

As a county-wide recreational project, the "August Picnic" was again included in the year's program. As every organization needs money a pilgrimage of some of Essex County's Historic Homes was chosen as the major project for financing the organization.

In carrying out this program of work, 300 women have been reach directly and as many more indirectly, through county-wide campaigns, picnics, tours, etc. There are 805 white homemakers in the county.

The 4-H Council composed of officers and leaders of local clubs, hold semi-annual meetings. The fall meeting is devoted to the making of a county plan of work and program for monthly meetings. The summer meeting is held for the purpose of perfecting plans for Achievement Day and other work.

STATUS OF COUNTY EXTENSION ORGANIZATION . Continued

4-H Council

The semi-annual meeting of the 4-H Club Council was held November 25th in the social hall of Beale Memorial Church, the county plan of work for 1934 was discussed at length, officers for the year elected and monthly club programs for the year made. The following goals were adopted:

1. Standardise club.
2. Every club to have community project and carry it out.
3. Room Improvement tours to be conducted in district during August.
4. 4-H Club books to be completed by December meeting in order to enter contests to be held at Election Day in July.
5. Demonstration Day to be held second Friday in July.
6. Club elimination Contests to be held in June. Contestants to meet the following requirements.
 - a. Home Project work must be up to date.
 - b. Must show right attitude toward club.
 - c. Must have taken part on monthly program.
7. Each club to pay \$2.50 to Club Council.
8. News notes to be sent to county paper monthly.
9. Every member to memorize words of "Four Leaf Clover", "Friendship", and "Field Song."
10. Every club to have entrant in county-wide Spelling Bee, if held.

Of the four hundred girls in Essex County of club age, 125 are enrolled in 9 community clubs. Inability to attend club meetings for various reasons has caused numbers of girls to withdraw from club work. During the winter months when it is necessary to hold club meetings after school and on Saturdays, club members cannot attend regularly and lose interest, finally dropping out.

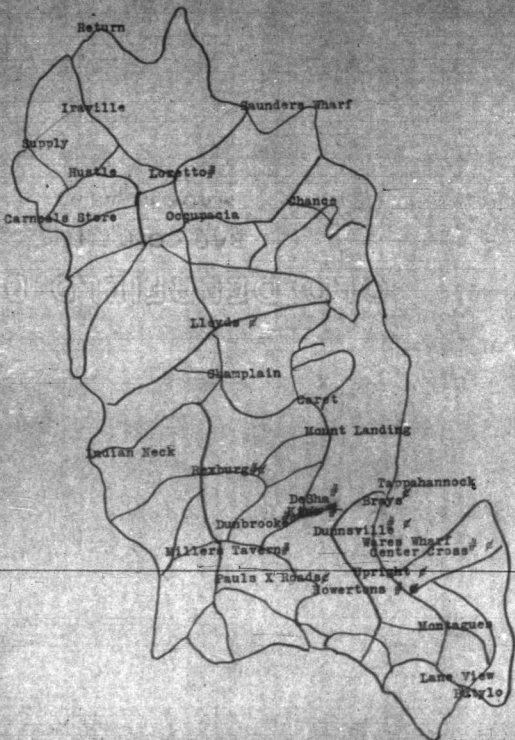
\$40.00 dollars was raised by the clubs during the year. Trips to the State Short Course at Blacksburg, were awarded winners in the County Health, Correct Dress, and Judging Contests. These trips were financed by the 4-H Club Council, made possible by the local clubs paying dues of \$2.50 to this organization. \$5.00 was given to the members of the Tappahannock Baptist Church as an expression of appreciation for the use of their social hall during the year.

3. A relief organization was set up in the county in February. Some time was devoted to helping director of relief for the first few months. Rehabilitation meetings attended during the year, and garden director assisted when called on.

Home Demonstration Clubs

4-H Clubs

Map of Essex County



HOME DEMONSTRATION CLUBS

CLUBS	MEMBERS	MEETINGS
Loretto	36	12
Roxburg	16	12
DeSha	9	12
Dunbrooks	26	12
Dunnsville	24	12
Millers Tavern	28	12
Center Cross	19	12
Howertons	22	12
Kino	12	12
4-H CLUBS		
Lloyds	12	12
Roxburg	12	12
Erays	10	12
Dunnsville	13	12
Dunbrooks	13	12
Pauls X Roads	11	10
Howertons	16	12
Upright	11	12
Center Cross	14	12

SCOPE OF WORK
ENROLLMENT FOR PAST 3 YEARS

WOMEN

YEAR	NO. CLUB MEMBERS	NO. CLUBS
1932	224	10
1933	210	9
1934	194	9

GIRLS

YEAR	NO. MEMBERS	NO. CLUBS
1932	169	12
1933	161	11
1934	125	9

-3-

PROGRAM OF WORK

Women's Work

"Foods", being the major project again this year training meetings were conducted by specialists for the purpose of instructing two leaders of each of the nine Home Demonstration Clubs who were to take the information back to the club members in their community. Food preparation as a follow-up for meal planning composed the six major demonstrations for the year. Special emphases was laid on meat substitutes, making bread from local flour, simple and healthful desserts and refreshments, with some food preservation.

A whole wheat campaign was outlined, designed to interest the women in using home grown flour and making their own bread, from the economic as well as physical standpoint.

To interest the children in this product a poster campaign was sponsored by three of the clubs offering prizes for the three best posters.

Clothing

A clothing clinic was again held by the clothing specialist. Spring clothes were to be remodeled but a deep snow prevented all but a few of the brave ones from reaching the place of meeting. However, some novel ideas in hat and dress reconstruction were passed on by those who were fortunate enough to be present. Many have remodeled old garments and other made wearable clothes out of feed bags.

House Furnishings

As a carry over in House Furnishings, many members are still making improvements to their homes, such as improving floors, and walls. 24 rugs have been made, refinishing old furniture, 18 chairs have been reupholstered and several rooms have been entirely refinished and reconditioned.

Home, Health and Sanitation

There being no health worker in the county, surveys were made in all communities to determine the number of pre-school children who had not been immunized against diphtheria. As a result diphtheria clinics were held in three communities. In one Community all but two pre-school children were given the serum and ignorance in this case could not be overcome to the extent of persuading the parents to have the work done.

Ten new outdoor sanitary privies have been built and 6 houses screened.

Home Gardens

Feeling that the club women had become so interested in year round gardens and had received so much help in the past, no special meeting with specialists were held during the year. Monthly letters, prepared at Blacksburg, were mailed to the members to help them with problems which might confront them. Results of spring, summer and early fall gardens will be given in a later paragraph. Year round gardens followed by intensive food preservation program were minors, but worked as majors from the standpoint of time spent on them. The monthly letters were sent as means of assisting the members with soil preparation, planting, cultivation and insect control. As a result of this project 24,517 quarts of products valued at \$4,536.95 have been canned, also

-4-

PROGRAM OF WORK

Home Gardens Continued

1,500 pounds of dried fruit and vegetables, valued at \$350.00. Bringing the total to \$5,061.95. Besides the above, two clubs reported 650 pounds of fish salted, 85 quarts of mince meat, and all the women in the county are now canning non-acid vegetables. As a result of demonstration work 11 new pressure cookers have been purchased throughout the county this year. In the canning contest sponsored by the manufacturers of jars, twenty women entered, and the first prize in the State in the Kerr Contest was won by a member of the Dambrooks Club. She also won the third in the State in the Ball contest.

Home Poultry

More and better poultry has been stressed again this year. High laying strain male birds have been brought in the county and the poultry contest launched in 1933 was reinstated in February 1934, with good results. Every contestant, while not doing an outstanding piece of work, made some improvement in feeding, housing or stock. There were 8,500 chickens, ducks, and turkeys involved in the poultry contest.

Home Beautification of Grounds

Dogwood planting has been continued during the year, and Mrs. McBryde, landscape specialist, spent one day in the county, holding meetings at two points and working with another committee. 150 dogwoods that were planted by the women are living. There has also been some beautification of school and church grounds by members of the Club. This has consisted more in the cleaning up of under growth and weeds, than in the planting of shrubbery.

Community Activities

In February the first Homemaker's and Farmer's Institute was held. A joint meeting of men and women was held in the morning when an agricultural economist explained to the people the economic condition of the county and country. Mr. Dietrick, garden specialist, spoke on the importance of year round gardens as a means of meeting our food requirements. At this time the whole wheat campaign was launched and its purpose explained to the people. Lunch was served by the Home Demonstration Club women as a means of making money for their organization. The afternoon sessions were held separately. Miss Janet Cameron, State Food Specialist, demonstrated, "Low Cost Diets With High Food Value", using edible soybeans as her basis for producing everything from soup to pie and salted beans. As a result of this demonstration in the County, County Agent received requests from all parts of Virginia and North Carolina for this seed. The evening program, a joint session, was addressed by Miss Heade E. Wallace, State Home Demonstration Agent. This institute although held during extremely cold weather proved of more interest to the county people than had been anticipated and requests of a repetition have been made.

The Homemakers and Farmer's Institute which the women of the county sponsored and helped carry out was one of the best county-wide pieces of work. In order to raise funds for the Advisory Board, the women served lunch. Committees were appointed to solicit and every club had its share of the donations. Soup made from beef stock and soup mixture, canned by one club was made in the community and brought to the meeting in two 25 qt steam pressure cookers. State officers, who ate some of it declared it the best soup they had ever eaten. These women felt fully repaid for their efforts and it provided a real demonstration in food preservation and preparation at low cost.

PROGRAM OF WORK Continued

Community Activities

The third annual county-wide picnic was held in August with record attendance. These picnics not only provide a means of imparting information pertaining to problems confronting farmers and homemakers but provides wholesome recreation and an opportunity for people of different sections of the County to come together for reminiscing and exchanging ideas.

LEADERS' TRAINING

Four Leaders' Training meetings were held during the year when two leaders from each of the nine local clubs attended. These leaders appreciate the advantages offered to them through these meetings, and in three clubs all the demonstrations have been given by leaders during the year.

Short Courses

Five of the club members attended the short course at Jamestown. They reported a restful and enjoyable stay of a day and night and are urging more women to go next year, if only for a day, so they can find out for themselves what club work really means.

State Federation of Home Demonstration Clubs

Six of the clubs joined the State Federation of Home Demonstration Clubs, but only ~~two~~ women attended the meeting in Blacksburg, due to financial and transportation conditions. These women were very enthusiastic over the meetings and expressed a desire to go every year.

County Meetings

A pilgrimage of some of the old homes in the county was held in May, for the purpose of raising funds for the Advisory Board and to acquaint people of Essex and other counties with their homes of historic value.

On October 27th, the fourth Annual Achievement Day was held jointly in the Auditorium of the new Tappahannock High School. The exhibits for the Ball and Kerr contests, along with the open canning exhibits, whole wheat products and room furnishings were attractive exhibited on shelves in the hall of the school. After the awards had been made, the members gathered in the auditorium where an enjoyable program was given. Miss Sylvia Slocum, District Home Demonstration Agent, gave a most interesting and inspiring talk on the "Home Makers Today," using as a basis for her address the findings in Essex County of the Farm Housing Survey. A large crowd was in attendance and all reported an enjoyable time.

Relief Work

In February a relief organization was set up for the purpose of caring for the needy throughout the county. Agent was instrumental in helping select a woman to act as Garden Director and Canning Director, and advice and instructions have been given wherever requested, and several rehabilitation meetings were attended during the year.

PROGRAM OF BEST CLUB

The DeBha Home Demonstration Club has to my estimation accomplished more than any other club.

This is a club in a very poor illiterate neighborhood with only nine members. The agent gave each member of the club, soybeans to plant, the object of the soybeans was to supplement the milk supply, as there is only one cow in the group, and the peanuts were planted for protein to furnish meat substitutes. The yield of both was very good considering the drought and the women are very interested, and ask for information on every occasion now. It is rather early to tell what the outcome as far as health is concerned, will be, but there should be a great improvement. The children are all "anaemic" looking and under weight, and have colds and sores all the year. One mother told me on my last visit, that her children had not had a cold for a month and she attributed this to the fact that they had been using soybeans. This family was the one that used them in the "green" stage.

The women had never done any canning until two years ago. This year they canned 1200 cans, this includes non-acid as well as acid vegetables, and dried 150 pounds of vegetables.

One of the members 2 years ago started with 17 hens and has 100 now, has sold \$27.00 worth of chickens, and she now gets a dollar a month from sale of eggs over what she uses for family consumption. There are eleven members in this family.

Recreation

More recreation in the community has been stressed this year and programs have been given monthly where possible.

Girls' Work

Room improvement under the Home Improvement Project was the major project chosen by 4-8 club members for 1934. In forwarding this work two leaders from each club were trained. Their leaders were supposed to take the information back to the club members and supervise meetings in absence of Agent. All club meetings during the past year have been held in homes of leaders, members and abandoned school buildings.

This project was chosen to interest every girl in making the best use of material at hand, with careful planning for the wise use of money, time and energy. Each member has the opportunity to develop good taste in improving and beautifying her own and other rooms in the house, and to learn how to care for them, according to the best standards of home management.

As a result of the above project, 175 rooms and 65 kitchens have been improved. A total of 300 articles have been made, made over or refinished. Sixty room color schemes have been changed and a hundred and ten girls have helped with the selection of new furniture and furnishings for their home. Total estimated savings due to the Home Improvement work \$90.00. As a means of saving money the girls have remodeled coats, dresses and hats, made clothing of feed bags, worn socks instead of stockings, gone barefooted, done the family washing, ironing, sewing and assisted with the canning. Club members

PROGRAM OF WORK Continued

Girls' Work

are helping meet the present emergency in carrying out the live-at-home project by eating whole wheat projects.

Minor Projects

Club girls are taking more interest in canning than formerly. One girl whose mother lost all the corn which she earned in 1933 has taken over the family canning this year and has not lost a single jar even though she has canned butterbeans, corn, soup mixture, snap and peas. Canning contests have been sponsored by the manufacturers of jars and many girls have entered the contests, but did not receive any State prizes. The girls have taken quite a bit of interest in remodeling and making clothes of feed bags.

In the community activities the 4-H girls have assisted the Home Demonstration members with their program of activities. Each club has given a club picnic and invited their friends and families.

Leader's Training.

Leaders' Training meetings have been held in the major projects. Leaders attending these meetings feel a greater responsibility of appreciation for the opportunities afforded through 4-H work. One 4-H Club leader who has attended all but four meetings during the four years, the agent has been in County, has given practically all demonstrations, meeting club members when Agent is out of county, planning recreation and parties for the club members. A county Leaders' Association was formed in 1932 with a President and Secretary. These officers preside and keep the records. Members assist agent with Achievement Day, County-Wide Picnics, etc.

Short Course

To encourage the club members in doing more and better work, trips to the State Short Course at Blacksburg, were offered girls winning in the Health Judging and Correct Dress Contests, held at the County Selection Day, July 15. Our county winners were fortunate in the State contests at Blacksburg, winning first place in Correct Dress Contest and second place in Judging Contest.

Five older girls attended the Junior Homemaker's Camp held at Jamestown in June. Seven girls and a Leader attended the 4-H Club Camp held at Jamestown in July. Six girls and a leader attended the State Short Course held at Blacksburg in July.

Achievement Day

At the Achievement Day Program, held October 27th, jointly with the Home Demonstration group, the county canning contests were held. Girls entered all contests sponsored by jar manufacturers during the year, and had some lovely exhibits, for contests, but lost out in the State contest, and many blue ribbons were given on open exhibits. This open exhibit was sponsored by the 4-H Council.

Recreation

This year recreation has been emphasized from the standpoint of family relationship, endeavoring to keep the children at home.

VI. PROGRESS MADE DURING THE YEAR

In planning the year's work, which was designed to meet the problems of the county people, "Food Preparation", was taken as the major project using soybeans, whole wheat and milk products as a basis for "Low Cost Diets with High Food Values". Gardening, canning, poultry, citizenship, and health programs were interspersed with the major demonstrations. All state contests to which eligible were entered by the women and girls. In the correct dress state contest for girls, our contestant came first and our judging contestant second. In the canning contest one of our entrants won the first in the State in the Kerr contest and third in State in Ball contest.

Other Results

One new group has been organized into a Home Demonstration Club and two other groups have been worked with in food preservation, during the summer. Due to the condition of roads during the fall, winter and spring months, it will be impossible to conduct a regular club here, consequently, Agent did not attempt to organize women.

Considering the adversities, due to other organizations, being set up in County, which took Agent's time and demoralized interest of Club members, through their program, Agent feels that women and girls have benefitted to the extent that some of the families would have become County or relief charges had they not belonged to Home Demonstration and 4-H Clubs. A greater appreciation of health and freedom, conducive to happiness, has been stressed by Agent at all meetings in an effort to make the County people refrain from the temptations offered by charitable organizations.

PLANS AND GOALS FOR 1935

The 4-H Clubs have selected as their major project for 1935, "Foods", having studied, "Home Improvement" during the past two years, and feeling the need of a greater appreciation of food values and preparation in helping carry out the live-at home program.

The women have selected "Foods" again as their major project. This is the third year that they have studied foods, but they feel they can get more from a continuous study of this subject than in taking up a new subject now. We are going to place special stress on the canning of meat.

New clubs for women and girls will be organized, where interest justifies. Growth work, Nature study, recreation, etc., will be worked as minor projects.

Community Picnic

AT THE PICNIC

(By M. D. McBride, Jr.)

Miss Maude E. Wallace
and John R. Hutcheson
Address Essex Farmers

Never having attended a country picnic, it was with a good deal of excitement that I left Tappanbrook yesterday at noon and took the winding road which leads to Richmond Beach. The road contained more traffic than would be possible for any other event.

One man in a T-modelled ford stopped his car and tried to get out. One car behind him sounded its horn so he slammed the door and sat back in his seat. It never even crossed his mind that two cars should be coming in succession, so when a second blast deterred him from his purpose, he again fell back in his seat—this time from sheer surprise.

Cars were parked in every possible space along the beach and anyone with half an eye could see that it was going to be more than a family affair. I walked along the beach and was much fascinated by the odd boat which lies moored not a quarter of a mile out. It looks rather large in spite of the fact that there is a story current that someone ran into it with a motor boat the other day in broad daylight.

When lunch time came I thought that I had never seen so much food since I went through the National Food Distributors Union in Schenestady. If anyone went without food at this picnic it would be their own fault. And what I didn't do to fried chicken, Virginia ham and biscuits.

I was right at the rope in the tug-of-war and could hardly resist catching hold of it myself. However, in the final there were accusations of outsiders giving assistance and of people placing their feet along the path of war to aid their supporters, so I backed gracefully up the hill every minute expecting to see a display of fist-cuffs.

I was greatly impressed by the speakers and the interest that people showed in the different contests. I was pleased that this was so, however, as I believe, any local contest may be as interesting as a big league baseball game, it is only a question of enthusiasm and support. I will look forward to a picnic next year when I will know the people who are so happily engaged in these various pursuits. I may even enter the hog-calling contest myself.

Local Agents To Make Event An Annual Outing

Hundreds of men, women and children gathered yesterday for the annual Community Picnic, which was introduced into Essex County by D. H. Crosby, County Agricultural agent and Miss Emma Bratten, Home Demonstration Agent. This picnic is held each summer at Richmond Beach.

The picknickers heard addresses by Miss Maude E. Wallace, State Home Demonstration Agent and John R. Hutcheson, Director of Virginia Agricultural Extension work. After the picnic the people entertained themselves by various games and contests.

The ladies competed in a nail driving contest, a husband calling contest, the men struggled against each other in a tug of war, a hog calling contest, a shoe race; the girls opposed each other in a one legged race, a game of catch-the-handkerchief and a game of bean bags. All took part in a balloon blowing contest.

The weather was ideal for such an outing, but as the sun rose higher in the sky, the afternoon proved one of the most popular spots along the beach.

At the beginning of the picnic, Mr. Crosby announced that Mr. Minor has decided to donate the use of the grounds annually for the event. Next Miss Wallace spoke on "Home Making Under the New Deal." She stressed the important part that women had played during the trying times of the depression.

She pleaded for modernization of the homes, accentuating that only one-fifth of the homes had running water. "If work on the farm is systematized more leisure time will be found in which to devote to music, literature, and recreation," Miss Wallace said.

The women have learned to economize gladly, but they should not let up in their efforts as they handle 85 per cent of the money that is spent. An optimistic outlook makes for a more cheerful family and a more prosperous community, Miss Wallace declared.

Following the address, basket lunches were opened and appetites were satisfied with fried chicken, ham, biscuits, pickles, iced tea, tomatoes, cake and almost everything a fertile soil can produce.

In the afternoon, Mr. Hutcheson gave a very enlightening explanation of the aims of the various government organizations under the present administration. He described the folly of raising products for non-existing markets, or to be sold at ridiculously low prices. The whole country has become aware of the value of the farmers' purchasing power, he said.

Those that did not engage in the games either watched from the bank which forms a natural amphitheater, or went swimming. Mrs. T. G. Thomas again hammered her way to the nail-driving championship, winning a dust gun donated by T. W. Wood & Son, of Richmond.

The judges stand was beautifully decorated with white cloth and curtains. W. E. Hamilton officiated

while Dr. E. L. W. Ferry, R. G. Dillard acted as judges.

After a hotly-contested engagement, the Millers team, captained by John Harle, defeated the Loyds team in the tug-of-war. Little James E. Johnson and Virginia Epible carried off honors in the cracker eating contest. Mrs. C. C. Toombs won at balloon blowing, while Edmund Halle, of Minor was the first to lace his shoes in the shoe race.

Mrs. Samuel Acme, of Minor went home with a hand sprayer for outcalling all other husband callers in the crowd. Hogs would have answered to the winning call of Mr. Carnes.

Mary Halle won the handkerchief contest and the coat relay was won by the Brays Community team. Winner of the one legged race was Miss Mildred Fogg, who is now the promoter of the latest invention for draining dishes.

Many picknickers have told Mr. Crosby of their enjoyment of the event and he feels that the annual outing will do a great deal for the promotion of clean fun for all members of the community.

Picnic Draws Big Crowd

AT THE PICNIC
(By M. D. McBride)

Miss Maude E. Wallace And John R. Hutcheson Address Essex Farmers

Never having attended a country picnic, it was with a good deal of excitement that I left Tappanhook yesterday at noon and took the winding road which leads to Richmond Beach. The road contained more traffic than would be possible for any other event.

One man in a T-modelled ford stopped his car and tried to get out. One car behind him sounded its horn so he slammed the door and sat back in his seat. It never even crossed his mind that two

\$1.19
Special Purchase
To Your Suit
at Their Fashion
New Blouses

Another office is expected to open soon in either Orange, or Sussex, or C. C. Bailey, Jr. will have a representative over all ten counties while Mrs. A. E. Lankford will direct the house economy work.

Local Agents To Make Event An Annual Outing

Hundreds of men, women and children gathered yesterday for the annual Community Picnic, which was introduced into Essex County by D. H. Crosby, County Agricultural agent and Miss Emma Bratten, Home Demonstration Agent. This picnic is held each summer at Richmond Beach.

The picknickers heard addresses by Miss Maude E. Wallace, State Home Demonstration Agent and John R. Hutcheson, Director of Virginia Agricultural Extension work. After the picnic the people entertained themselves by various games and contests.

The ladies competed in a nail driving contest, a husband calling contest; the men struggled against each other in a tug of war, a hog calling contest, a shoe race; the girls opposed each other in a one legged race, a game of scratch-the-handkerchief and a game of bean bags. All took part in a balloon blowing contest.

The weather was ideal for such an outing, but as the sun rose higher in the sky, the ardent well proved one of the most popular spots along the beach.

At the beginning of the picnic, Mr. Crosby announced that Mr. Minor has decided to donate the use of the grounds annually for the event. Next Miss Wallace spoke on "Home Making Under the New Deal." She stressed the important part that women had played during the trying times of the depression.

She pleaded for modernization of the homes, accentuating that only one-fifth of the homes had running water. "If work on the farm is systematized more leisure time will be found in which to devote to music, literature, and recreation," Miss Wallace said.

The women have learned to economize greatly, but they should not let up in their efforts as they handle 85 per cent of the money that is spent. An optimistic outlook makes for a more cheerful family and a more prosperous community, Miss Wallace declared.

Following the address, basket lunches were opened and appetites were satisfied with fried chicken, ham, biscuits, pickles, ice tea, tomatoes, cake and almost everything a fertile soil can produce.

In the afternoon, Mr. Hutcheson gave a very enlightening explanation of the aims of the various governments organizations under the present administration. He described the folly of raising products for non-existing markets, or to be sold at ridiculously low prices. The whole country has become aware of the value of the farmers' purchasing power, he said.

Those that did not engage in the games either watched from the bank which forms a natural amphitheater, or went swimming. Mrs. T. G. Thomas again hammered her way to the nail-driving championship, winning a dust gun donated by T. W. Wood & Son, of Richmond.

The judges stand was beautifully decorated with white cloth and flowers. W. E. Hamilton officiated

while Dr. E. L. W. Ferry, R. G. Dillard acted as judges.

After a hotly-contested engagement, the Millers team captained by John Halle, defeated the Loyds team in the tug-of-war. Little James E. Johnson and Virginia Spidle carried off honors in the cracker eating contest. Mrs. C. C. Toombs won at balloon blowing, while Edmund Halle, of Minor was the first to lace his shoes in the shoe race.

Mrs. Samuel Agre, of Minor went home with a hand sprayer for outcalling all other husband callers in the crowd. Hogs would have answered to the winning call of Mr. Carnal.

Mary Halle won the handkerchief contest and the coat relay was won by the Brays Community team. Winner of the one legged race was Miss Mildred Fogg, who is now the promoter of the latest invention for draining ditches.

Many picknickers have told Mr. Crosby of their enjoyment of the event and he feels that the annual outing will do a great deal for the promotion of clean fun for all members of the community.

12

Living at Home

Increases Income

Home Demonstration work will be conducted with two aims in view during 1934. First, a strong educational program, directed toward a more satisfying rural life and second, special relief or emergency activities to assist in meeting the needs of the present economic situation.

Living on a low income has become generally fashionable during recent years. Although large wealth is usually made in farming, a good and satisfying home is often more a matter of work, right thinking and right planning than an increased income.

A farm family that plans can produce or utilize all food necessary for an adequate diet. In figuring the food needs for a family of five for a year, a thoughtful budget should include the products from 1-2 acre garden, 1-2 acre orchard, 1 hog, a flock of 50 hens, 1 beef animal, 2 cows, 2 acres of sweet potatoes, melons, cane for syrup, field peas and beans. By earning the surplus vegetables from the spring and summer garden, supplemented by fall and winter garden, it has been estimated that \$347 of the \$2000, which it costs for a family of five to be fed, can be produced on the farm. Not only is the income increased by this method, but the health of the family is protected.

Barely 7,000 Virginia Homemakers discovered, during 1933, that just as wisely is more money spent when budget, so canning is more wisely done when a chart is made of the exact plan of what each family will need.

Essex County Home Demonstration and 4-H Club members worked with canning budgets during 1933. Those not familiar with methods of working out a canning budget to meet the needs of their family and desiring to do so may receive material and instructions for same by applying to the Home Demonstration Agent.

Organization of Kino H-D Club

A group of Kino women, in raising the standards of their homes and community, met in the home of Mrs. James Jordan on Friday, January 12th and organized a H-D Club with the following officers elected: Mrs. Butler Baldwin, President; Mrs. Gatewood, vice-president; Mrs. James Jordan, secretary; Miss Beulah Bareford, leader, Mrs. L. T. Elliott, leader.

These women believe that only through loyalty and intelligence can the rural home be returned to normalcy. They realize that H. D. work deals primarily with the spiritual in rural life, in that it aids men and women in acquiring the longings of every normal soul a better home life. For this reason they will work in accordance with the following Virginia Homemakers' Creed, which might well be by all homemakers, who are endeavoring during this period of readjustment to make the home, our greatest institutions, what they should be:

Virginia Homemakers' Creed.

"Strive to have our organization foster the highest ideals in home, church, school and public life.

Have our homes reach out in the communities and help unite the people.

Have cooperation and progress the leading forces in our communities.

Study the best ways to do every day work that we may find joy in common tasks well done.

Be kind beyond the standards of charity; avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest ideals of Christian life.

Essex 4-H Club at Jamestown Camp

Seven 4-H Club girls and a leader left Monday for a week's encampment at Jamestown in session July 2-7 inclusive. These girls will receive in "Developing Personality," "Wholesome Recreation," including, poultry, handicraft and camp cooking. Vesper services will be conducted each evening by the girls followed by a program by the camp fire.

Miss Mary Louise Durham, leader of Upright 4-H Club, chaperoned the following members: Misses Margaret Dickerson, Hazburg Mt. Landing 4-H Club; Mary Maude Lloyd-Caret Club; Myrtle Balderson and Louise Balderson, Brays Club; Irma Oranson, Upright Club; Pauline Bareford and Christine Wilkerson, Center Cross Club.

Essex Homemakers Urgently Advised To Preserve Food

Miss Emma Bratten, local Home Demonstration Agent, stresses the importance of food canning.

The significance of the terrific drought in the west and the impending food shortage this winter has not been fully realized here, in the opinion of Miss Emma Bratten, local Home Demonstration Agent, who is this week trying to encourage the preserving of foods. "Our slogan should now be 'Save Food,' just as it was in the days of the war," Miss Bratten said.

While in '17 and '18, the shortage was caused by all surplus food being shipped across the water, the net result is instinctively as tragic when the shortage has been caused by disastrous weather conditions. Thousands of acres of the best farm land in the middle west had dried during the scorching, rainless months of June and July. When skies still continued cloudless by mid-summer, the crops were beyond cultivation, as even water supplies had been exhausted.

Virginia, and this section in particular has been fortunate in the abundance of its crops, but while everything is so plentiful now, it must be realized that such may not be the case by Christmas even canned foods may be hard to purchase, and if they are on the market, the foodstuffs which have been saved in the house will immediately increase in value to their owners, when compared to what in all probability bids fair to be a high winter market.

"During September and October there will be an abundance of food to save from spoilage," stated Miss Bratten, "and every Homemaker in Essex County can fill her storage case with enough to feed the family, adequately throughout the winter and early spring. It is suggested that where a family has more vegetables than can be saved by them, that they offer it to a family that needs it and will save it."

It is especially important to realize that this severe drought has occurred simultaneously with the Federal government's reduction plan, which was inaugurated to effect a price level for commodities, which would be equal to the labor and time expended in their cultivation. In order to do this it was necessary to forestall a surplus market as has been in past years. Now that nature has done the work more thoroughly that the farmer himself could have, it is necessary that the people who have their usual crops should take some precautions to see that there is no actual suffering because of a food shortage.

"There never was a year when it was more important to preserve food, for the future and to see that what is worthy, is not wasted," Miss Bratten continued. The homemaker has now become thoroughly familiar with various methods of food preservation and whether they are canned, or dried is left to the taste dictation of each separate household, but it is imperative that such an undertaking should be launched on a rather large scale.

Tomato juice has taken an important place in the canner's budget, but more should be made this year to supplement the fruit budget which cannot be filled due to the lack of fruits. It has only been in recent years that the healthful properties of the tomato has been recognized, but now both the plant itself and the juice have received the full benefit of scientific and economic research, and a formula for the juice has been evolved, which will prove a palatable and nutritious drink.

The following is the best recipe, which has so far been worked out and is the one which is recommended by Miss Bratten: Use firm tomatoes—wash, remove stem and any soft spots, chop and heat in

covered pan until juice flows freely. Then strain through a fine sieve pressing fruit through sieve with fruit jar, adding one teaspoonful of salt to each quart of juice. Return the juice to a kettle and boil for five minutes, and pour into hot jars and seal. Put jar in a vessel containing boiling water, allowing the water to come to an inch over the top of the jars. Finally boil for ten minutes, and remove from water bath and store in a cool place.

ACHIEVEMENT DAY HELD SATURDAY AT HIGH SCHOOL

Prizes Awarded, Reports And Addresses by Members and "The Homemaker of Today" Described

Prize winners were announced, reports made, and the 4-H Club and Home Demonstration Club members were addressed by Miss Sylvia Slocum, district agent, at the annual "Achievement Day," which was held in the new high school auditorium in Tappahannock on Saturday. The exhibits were lined on shelves in the spacious halls of the school and after the awards had been made the members gathered in the auditorium, which was decorated with autumn-tinted leaves and fragrant flowers.

Songs were sung, the invocation pronounced, addresses made, the creed recited and then Miss Thelma Wilkerson made a report on the 4-H Club work. She described the Jamestown camp and told of the improvement of club rooms, which had been the project for last year. Last summer's Jamestown camp in particular was described by Miss Louise Balderson, the Junior Homemakers, by Miss Susan Wilkerson and the Hiawatha school course by Miss Marquette Taylor.

A solo was rendered by Miss Elizabeth Mitchell, Miss Catherine Neal reported on the Home Demonstration Club work, Mrs. Cannon on the Homemakers Association and Mrs. Hopkins on the Adult Jamestown camp. Mrs. Huston surprised her audience by introducing Miss Mabel Massey, Home Demonstration agent from Williamsburg, who stated that this camp was the only one of its kind in the United States and she told how it had started.

Miss Emily Andrews described how wall pictures could be made in harmonies with the general decorating scheme of the room and then Miss Slocum spoke of the "Homemaker Today." She congratulated Miss Selva Dudley, local home demonstration agent, on the success of the day and she complimented the county as a whole for each place to have the exhibits and the program. Some of the facts which came to light during the recent canvass of farm dwellings were described by Miss Slocum. "There are 1,400 white women in Essex county," Miss Slocum said, "here are 600 houses (these are all figures for white residents) and 407 of them are owned, leaving only 193 occupied by non-owners, which speaks very well for the county indeed, as the tenant problem, which troubles so many communities, is almost non-existent here. 73 houses have been constructed within the last ten years, which fact in itself denotes the progress of the county, and likewise the fact that 215 houses are over fifty years old, shows that they were built to endure for more than a day."

Miss Dudley presented Miss Myra Reese, a visiting agent, who announced the winners of the various contests. Miss Margaret Dickinson, of the Restburg 4-H Club, was recognized as having won the correct-dress contest and as county winner had won a trip to Blacksburg and there had won the state contest. Miss Florence Carnale, of Lloyd's, was the county winner for health and Miss Mildred McAbee, of Riverford, was the county winner in judging, and she took second place in the state contest in Blacksburg.

In the Ball contest for women, on Saturday, first place was captured by Mrs. E. Y. Brooks, second by Mrs. J. T. Brooks, and third by Mrs. J. T. Hopkins. In the Ball contest for girls first place was won by Miss Ruth Bareford; second by Grace Brooks; and third by Ada Garrett. In the Egg contest for women, first prize was won by Mrs. E. Y. Brooks, second by Mrs. H. E. Brooks, and third by Mrs. H. D. Bareford. In the same contest for girls, first, second and third prizes were awarded respectively to Ruth Bareford, Grace Brooks and Florence Carnale.

The only award made in the Hosiery contest went to Alice Carnale. Blue ribbon winners were Miss Mildred Andrews, Miss Susan Wilkerson and Miss Margaret Dickinson, first, second and third for rug; and Miss Margaret Dickinson for her dresser cover; in the spinning contest, the blue, red and white ribbons were awarded as follows: best cloth—Mrs. W. C. Brooks, Miss Grace Brooks and Mrs. Courtney; best vegetable—Mrs. W. C. Brooks, Mrs. E. Y. Brooks and Mrs. Gertrude Atkinson; best tomatoes—Mrs. W. C. Brooks, Mrs. A. C. Courtney; best meal—Mrs. W. C. Brooks, Grace Brooks, and Mrs. H. E. Brooks; best glass jelly—Grace Brooks, Mrs. Atkinson and Mrs. Hopkins; best laundry bag—Margaret Dickinson, Grace Brooks; best shoe bag—Margaret Dickinson, Grace Brooks.

In the contest of whole wheat products, the blue ribbon went to Mrs. H. E. Brooks for her rolls; the red ribbon to Grace Brooks for her muffins; and the white ribbon to Mrs. Robert Cannon for her biscuits.

Homemaker's and Farmers' Institute

For the first time in its history Jones County it is to have a Homemaker's and Farmers' Institute on February 13th. This promises to be one of the most interesting and worthwhile meetings of its kind held in this section of the state. Every homemaker and farmer will want to take advantage of this opportunity to hear specialists in the various fields discuss problems pertaining to adjustments of existing economic conditions.

Miss Maude E. Wallace, State Home Demonstration Agent; Miss Violet Cameron, State Food Specialist; Mr. J. B. Hatcher, Director of V. F. I. Extension Division; Mr. B. Dietrick, Darden Specialist; Dr. Gordon Waid, Economist V. I.; Mr. T. B. Hutchison, Agronomist, and Mr. J. H. Quisenberry, District Farm Agent, will appear in the program during the day and evening.

Beginning at 10:30 in the morning a joint session of homemakers and farmers will be held in the court house, when addresses will be heard, interspersed with special music.

Following lunch, Miss Janet Moore will demonstrate to the women, "Meals of Low Cost and High Food Value", and Mr. B. Hutchison, Agronomist, will confer demonstrations with the men. The evening program will be held in the court house, beginning 7:30. Miss Wallace and Mr. J. Hutchison will be the speakers this time. Community singing will be featured at the evening program. All citizens of the county are urged to attend and take part in these programs.

Meeting of The Advisory Board

The Advisory Board of Economists held its quarterly meeting Jan. 26, in the basement of Beale Memorial Church.

The attendance was good.

After the report from the secretary and treasurer a discussion of the minor projects was entered into. Miss Shoom suggested something else be taken, besides just Home Economics. For a minor flower arrangement and music were selected for the May meeting.

Miss Bratten urged the clubs to have a community project then to work it. Visiting and a diphtheria clinic were suggested.

A county wide campaign—Grind your own wheat and make your bread, especially whole-wheat bread. It has been estimated that a barrel of flour made up into baker's bread would cost the consumer \$18.00.

As a means of raising funds for the board it was planned to sell lunch.—soup, oysters, etc.—at the Farmers Institute on the 13th of Feb., also a tour to old homes, in the spring was suggested.

A report of prizes won in the canning contest in '25 was given by our agent, and contests for 1934 were mentioned.

The meeting adjourned to meet again on the last Friday in April.

District Agent At Home Ec. Meeting

Miss Sylvia Shoom, district home economics agent, from Richmond, came to Tappahannock on Friday to attend a meeting of the Essex county advisory board in home demonstration work which had been called by Miss Belva Dudley, local agent.

The meeting was held in the basement of Beale Memorial church beginning at two o'clock and here it was decided that a home economics pin should be adopted, which would certify that certain high standards of work had been achieved by the wearer.

The committee appointed to judge candidates for the pin consisted of Mrs. Gregg Reynolds, Mrs. J. T. Hoskins and Mrs. Shover. Also a nominating committee to bring in names of officers to be voted upon in the January election meeting was appointed, consisting of Mrs. William Ellis, Mrs. Cannon and Mrs. Ben Tyler.

The advisory board also voted to offer ribbons for prizes on Achievement Day.

Picnic Summer 1934





Jamestown
1934



Garden
1934

Mount High School, Miller Town
visited by Mrs. Mc Boyd, Landscaping Specialist,
in planning for landscaping grounds.

