

ANNUAL NARRATIVE REPORT

FOR

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SUSSEX COUNTY

BY

E. L. STEWART  
LOCAL HOME AGENT

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FORWARD

The three and one half months that a home agent was in Sussex County emphasis was placed upon Food Production and Conservation.

Two garden tours were held and demonstrations on canning were given, which was helpful to both women and men.

Emphasis was placed upon canning enough foods for the family all year round for better health.

SCOPE OF WORK

HOME DEMONSTRATION CLUBS

There are six organized home demonstration clubs in Sussex County with a membership of eighty-four club members.

A-H CLUBS

There are fifteen A-H clubs in Sussex County with a membership of one hundred sixty-eight (168) girls.

Number of families reached this year through neighborhood leaders have been approximately 150.

Estimate total number of families reached 176.

Number of farm families in Sussex County is approximately seven hundred (700).

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COUNTY HOME DEMONSTRATION COMMITTEE

The County Home Demonstration Committee is composed of the home demonstration club presidents and club leaders; it has a membership of twelve members.

This organization is governed by a Chairman and a Secretary.

This organization discussed the needs of the county and planned a program based upon those needs. This organization meets twice a year.

COUNTY ADVISORY BOARD

This organization is composed of seventy-five members, representing the farm men and women from the six magisterial districts in the county.

This body is governed by a president, vice-president, secretary, assistant secretary, and treasurer. This organization meets twice a year.

There are forty neighborhoods; ten committee chairman; fifty-six neighborhood leaders; and seven older youth assistants.

LEADERSHIP

ADULT

There are two types of leaders in Sussex County--club officers and subject or project leaders.

There are thirty club officers and in the six home demonstration clubs in Sussex County. There are nineteen (19) project or subject matter



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products made by club members and have given instruction along with the home agent in projects carried by the club girls.

The club officers have presided at the meetings and have assisted in judging products made by the club members.

## RESULTS

### HOME DEMONSTRATION CLUBS

#### FOODS

The County Home Demonstration Committee set as one of its goals "A Year Round Garden", for each club member. Each club member had a very fine garden this spring.

Two garden tours were held in Sussex County during June; one in Hunting Quarter Farm and Home Community and the other in Plank Road Farm and Home Community.

After the food had been produced some means of conserving it for future use had to be worked out. Therefore, information on how to make a "Canning Budget", was given at each club meeting; demonstrations on the canning of "Fruits", and "Vegetables" were given. As a result of these demonstrations 350 quarts of vegetables and 450 quarts of fruit have been canned; and approximately 175 pounds of cheese made.

#### MEAL PLANNING AND PREPARATION

Meal Planning was the main topic for one month. Meals were planned based on the "Seven Basic Food Groups," During the following month

- demonstrations on Preparation of simple dishes were given by the home agent. Two new recipes were tried by the home agent which were enjoyed by all present. A demonstration on the use of the "Presto Sauce Pan," was given at which time green vegetables were cooked.

As a result of those demonstrations the club members pledged to cook more new and simple dishes, to cook their vegetables in small amounts of water and only a short length of time to preserve the food flavor and food value.

#### CLOTHING

##### SEWING MACHINE CLINIC

A Sewing Machine Clinic was held in Plank Road Home Demonstration Community at which time five machines were cleaned, greased, and put in perfect running order. As a result of this clinic more home makers in the county want their machines gone over and put in perfect working order.

#### HOME FURNISHINGS

##### CARE

- House cleaning was one project worked on by the home demonstration club members this year.

Points stressed were use of "Cleaning Schedule", based upon daily, semi-weekly, weekly, and monthly cleaning jobs, instead of the old fashioned idea of spring and summer cleaning. A place for the cleaning equipment which can be easily reached; how to clean and care for painted and unpainted floors, floor coverings, and the use of wax in preserving floor and floor coverings were discussed. As a result of those demonstrations and discussions the

club members pledged to make and follow a simple cleaning schedule, and to use simple cleaning equipment which can be easily reached.

#### CONSTRUCTION

##### HANDICRAFT

Handicraft was one project that created much interest on part of club members as well as other people in the county and state.

Demonstrations were given on the use of "A Frame", Burlap Bags, and Feed Bags in making useful household articles. As a result of those demonstrations thirty-three frames have been ordered by club members, and such articles as chair sets, luncheon sets, purses, vanity sets, centerpieces, hot mats and bedspreads have been made. Five burlap bag rugs have been made and such articles as kitchen curtains, luncheon sets, tea towels, bed spreads, aprons and table cloths have been made from feed, flour and meal bags.

#### HOME MANAGEMENT

##### HOUSEHOLD EQUIPMENT

Two steam pressure cookers, one presto sauce pan and fifteen jar lifters have been purchased this year by club members. One pressure cooker was purchased by a home demonstration club and the other by an individual family.

##### ACTIVITIES OF ONE CLUB

Activities carried on by the Hunting Quarter Home Demonstration Club are as follows: Making of such articles as centerpieces, vanity sets, purses and bedspreads on the frame; making a canning budget, based upon family needs, they also planned a good spring garden which ended in

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a tour; planned and prepared meals based upon the "Seven Basic Food Groups"; canned meats, fruits and vegetables for family use; and making of cheese for family use and some to sell.

#### COUNTY ADVISORY BOARD ACTIVITIES

The Sussex County Advisory Board sponsored three activities in which the home agent participated. The County Farmers Conference was held Monday April 22, 1946 at St. John Baptist Church, Stony Creek, Virginia with an attendance of 650.

Mr. J. S. Higganbotham, Garden Specialist, Hampton Institute, Virginia spoke on "Gardening". Points brought out were use of liberal amounts of barnyard manure and commercial fertilizer to produce a good garden; use of cover crops such as vetch, clover and rye on the gardens in the winter time; planting of spinach, turnip greens, Hanover kale and onions in the fall or early spring for early vegetables.

Mr. J. W. Freeman, County Agent, spoke on need for food to help the foreign countries; need for farmers to produce as much as he could and preserve the surplus so more commercial food could be sent for foreign relief.

The County Advisory Board also sponsored two garden tours, one held in Hunting Quarter and the other in Flank Road Farm and Home Communities.

Nine prizes were offered in each garden tour, which included ten dollars in cash for each tour donated by the County Advisory Board; and two merchants in each community contributed one bag of fertilizer and one bag of top dressing for prizes.

4-H PROJECT WORK

BREADMAKING

One hundred and twenty-one girls enrolled in the Bread Making project with one hundred and twenty completions. Demonstrations were given in making biscuits, corn meal and plain flour muffins, pancakes and two hour rolls. As a result of those demonstrations the girls learned to serve a variety of breads at meal time, learned the difference between the different kinds of rolls and how to make yeast breads in shorter lengths of time, how to measure liquid and dry ingredients by standard measuring cups and spoons.

FOOD PREPARATION

Forty-seven girls enrolled in the Food Preparation Project with forty-four completions. Demonstrations were given in cooking vegetables in small amounts of water and short lengths of time; making layer cakes and simple icings; making the three types of white sauce. As a result of those demonstrations the girls learned how to cook vegetables in small amounts of water to preserve the food value when and how to use the different white sauces; and how to make cakes with small amounts of sugar.