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VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

POWhatan

COUNTY

1949

Agent Katherine B. Brent Dec. 1, 1948 - Nov. 30, 1949
Date worked from to

Assistant Agent Dianna Thomas July 2, 1949 - July 28, 1949
Date worked from to

Asst. Agent Elva C. Tate Sept. 1, 1949 - Nov. 30, 1949
Date worked from to

Assistant Agent _____
Date worked from to

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age old method of preserving by canning, however, is not discarded, 11,368 quarts were canned, according to a planned food supply.

The production, conservation and preparation of foods of higher nutritive value, in sufficient quantities, to the end that our boys and girls may better develop and our men, women and children be really healthier, and therefore, happier, is the big objective in our foods program.

This is the third year in our long-time goal of "Better Kitchen Workshops", that we have emphasized "Better Planned and Equipped Kitchens". Many Pottawatomie County homemakers now know from daily experience why a "up or up" shaped kitchen work area saves them time, steps and energy. Dotted over the county in every neighborhood are "demonstration kitchens" of this type, some the last word in floor plan arrangement and equipment, lighting, comfort, (for winter and summer) and pleasing color schemes. Over 200 people have visited these demonstration kitchens and they are daily serving as inspirations and examples to other homemakers to "go and do likewise".

Clothing - Planning Your Wardrobe, knowledge of the newer fabrics and know and use your sewing machine attachments were topics for discussion and demonstrations at 28 meetings on clothing, reaching 160 families.

Safety in the Home was the topic of all meetings in July. Check sheets of safety reminders were given or sent to every family in the county.

Art in Everyday Living - Federation Goals, carried by all clubs-taught appreciation of good music and art in general and stressed good workmanship in handicrafts.

The HD Achievement program, attended by over 150 people, featured:

- Tour - to two demonstration kitchens.
- Exhibits
- Lunch - in the High School Cafeteria

Demonstration - "Ironing a Man's Dress Shirt" by the 4½ minute method, by a 4-H Club member

Formal Program - the highlight of which was a talk in family relations, entitled "The Future of the American Family".

A distinct honor which came to our county and Extension this year was the selection by "The Progressive Farmer" (with the cooperation of Extension) of one of our outstanding dairy farm families as one of the nine Virginia "Master Farm Families" for 1949. This family so honored was Mr. and Mrs. C. H. Clam, their children Jo and Rick of "Pelennus" near Foxhaven Court House. Mrs. Elan has been an active 4-H club member for a number of years, and both children are 4-H members.

Nine 4-H club girls in six clubs, an increase of one club and 23 members over last year, assisted by six adult leaders and five junior leaders and the home agent this year, held 68 regular meetings, 2 4-H Council meetings, a county-wide achievement Program and 441 representatives participated in the H. D. Achievement Program. Club representatives participated in 6 meetings out of the county, including the Southern States Cooperative "Open House" in Richmond, a Leaders Recognition Banquet held in Richmond, (given by Richmond Merchants for counties in the Richmond area), the Jamestown 4-H Camp, the State Short Course, the District Demonstration Contest, in which we had a first and third winner, the State Demonstration Contest, in which we had a first winner in "Home Laundry", Sallie Mae Hurt of the Belleville 4-H Club. Sallie Mae has been a club member for five years and has an excellent record, both as a club member and Junior Leader. Her demonstration in this contest was "Ironing a Man's Dress Shirt" by the 4½ minute method. As winner in this project Sallie Mae will be on of the nine girls representing Virginia at the National 4-H Club Congress November 26th to December 3rd this year.

These ninety girls carried 138 projects including work in Breeds, Meal Planning and Preparation, Food Preservation, Clothing, Housekeeping and Laundry. In Food Preservation they earned 2015 qts. of food and helped to can 4726, prepared and/or helped to prepare 1577 packages for freezing. Among other club activities they contributed \$150.00 to the Gasmonton 4-H Camp Building Fund.

IV. Adult

A. Project Work .

1. Food Production, Conservation and Nutrition.

Stressing nutrition through meal planning and preparation was the first demonstration of the new year, the objective being a renewed knowledge of adequate nutrition to be practiced daily for better health. Leaders were trained for this demonstration with the help of our Food and Nutrition Specialist. The method used at this training meeting and through all the H. D. club meetings was the planning, preparation and serving of an adequate, attractive and tasty lunch or supper. These were all day meetings and in every club the leaders planned and gave the entire lunch demonstration, which was then served buffet style. The basic ~~seems~~ was standardized and stressed as the standard guide for an adequate daily diet for the family. Attractive bulletins were given each person present for further study and reference. Those present took this information to friends and neighbors not able to attend, thus reaching more people. One hundred and forty-nine families were represented at these meetings. Garden leaders followed up this meeting, in February, stressing production and conservation with enthusiastic plans for early gardens, and gardens providing more vegetables to be eaten raw-- served in salads. Garden leaders were given training by the agent. The Virginia Vegetable Garden Planning Leaflet was given every family to use in connection with their garden work. This little bulletin is widely used in the county as a source of reliable garden information.

• Because of the high cost of labor, seed, fertilizer and insecticides we now emphasize smaller but better planned and cared for home gardens which will produce enough to meet the family needs.

Garden and Poultry leaders had a definite part in every club program, their responsibility being to give current information regarding the carrying on of these home activities.

In conservation we again emphasized the importance of following strictly the methods recommended for the selection of products and their preparation for freezing. Also we stressed canning by recommended methods. Over 250 bulletions on "How to Freeze Vegetables and Fruits" were given to homemakers at meetings or as requested. Reports give 12,106 pounds of frozen fruits, vegetables and meats preserved; 11,968 quarts were canned; and 8,597 chickens raised for home use. A definite trend in home gardens is the provision for more small fruits.

2. Better Planned and Equipped Kitchens.

This is the third year we've stressed "kitchens" in our long-time home improvement program. Real "Demonstration Kitchens" - "result demonstrations" in other words are now established in every neighborhood and have really been an influence towards reaching the county goal, "In every home a better planned and equipped kitchen workshop". "Seeing is believing". Many people (over 200 we know) have visited these kitchens. So many homes are improving the kitchens it is hard to keep up with them. Every few days it seems I'm told of someone else who is having kitchen improvement work done. More and more homemakers are getting up or up' kitchen work areas, and adding equipment such as cabinets for better storage, a newer type sink, or maybe a sink and running water for the first time. There are 15 of these reported this year. Also good underpinning,

for warmth and safety; floor coverings, easier to care for; better lighting; new ranges, some electric or gas; hot water heaters; and in several kitchens electricity have been conveniences installed this year. Very few homes are now without electricity, still fewer do not have it available.

Reports, from individuals and club leaders, show one hundred and ten kitchens improved in some way this year. These improvements ranged from small equipment to major jobs, like putting in running water, rearrangement of floor plan, cabinets, and etc.

A TOUR to two of these demonstration kitchens was a feature of the H. D. Achievement again this year, these being in a different section of the county from those visited during last year's tour. #

3. Clothing.

Clothing was selected one of the major topics for study and demonstrations this year. Interests centered around: Planning the Woman's Wardrobe; The Newer Fabrics, Their Use and Care; Special Problems in Construction; and Use of Basic Sewing Machine Attachments. Fourteen leaders were trained to help in giving these demonstrations by the agent with the help of a machine specialist from a local sewing machine company. These leaders in 16 demonstrations stressed learning the new and easy method of putting in zippers, the use of grippers, especially for children's clothes, and to know your sewing machine attachments and how and when to use them to save time and energy. Better techniques and better workmanship were stressed. Several leaders bought button hole attachments after learning how to use them. Six new electric machines with all modern attachments were purchased as a result of this project, and more and more homemakers are having their machines electrified and have bought some newer attachments, example a zipper presser foot. More women have become interested in learning how to sew

and are getting friends and neighbors, who have the "know how", club leaders, home agent and home economics teacher to help them over hard places. One hundred and sixty profited by this clothing work, so they reported, by using at least one of the recommended practices. One thousand and fifty-eight garments in this home sewing project were reported made. These ranged from tailored coats, suits, best dresses to simple clothing for children. October was "Exhibit Day" in the clubs and many attractive and well made garments were exhibited. Included in these exhibits also were a few remodeled jobs.

4. Home Improvement.

One meeting on home improvement with "Color in the Home" the subject of the discussion and demonstration was held in each club. Our House Furnishing Specialist assisted with training leaders for this meeting. There is increasing interest in this type of home improvement, so much so, that harmony in color, furniture and all interior furnishings and their uses has been chosen as a major part of our 1950 program. This one meeting devoted to the subject this year was a forerunner, so to speak, of what will be of major interest in 1950. However, because of this year's demonstrations and those in furniture refinishing and repair, upholstering, chair seating, etc., of recent years we have the following home improvements of an interior nature to report:

No. of rooms improved one way or another;	105.
No. of walls painted or papered;	45.
No. of floors refinished;	21.
Storage improved (not kitchen)	5.
Slip covers made;	7.
Chairs upholstered;	21.
Chairs re-seated;	15.
Furniture refinished or repaired	69 pieces.

5. Home Safety.

Nine clubs devoted the July meetings to a discussion of "Safety in the Home". The Assistant Agent in the county at that time led these discussions. Impressive posters were used to illustrate important points. Check sheets, stressing the

prevention of home accidents were given each person present. After checking these they were asked to try to correct accident hazards speedily, whether it be mending a broken step or correcting a dangerous habit. During National Safety Week a letter calling attention to the importance of home safety was sent by the home agent to each home in the county, together with the Accident Prevention Check Sheets. Attitudes and conscious accident preventing habits were stressed. Reports indicate that over 300 families did something educational towards the prevention of accidents in and around the homes. Such things as putting hand rails on steps, using only safety matches, repairing broken steps and floors, care in using electricity and electrical appliances, and trying to break dangerous habits were mentioned.

B. Other Activities.

1. Federation Goal.

Our Federation Goal for 1949 is:

Art In Daily Living

County Chairman Mrs. L. J. Bowles

"He who works with his hands only is a mechanic; He who works with his hands and heart is an artisan; and He who works with his hands, head, and heart is an artist."
—Ruskin

Objectives

1. Develop a deeper appreciation of music and a desire for good music in our homes. Enjoy music more. Get acquainted with some great composers and musicians.
2. Develop an appreciation of basic Art Principles. Complete one good piece of hand-work.

Special Club Goals

1.
2.

In addition to the County Federation Chairman, each club selected a goal

chairman. These club representatives met with the county chairman early in the year and worked out with her a month by month schedule of topics. The county chairman trained these club chairman and helped provide them with sources of material for talks and demonstrations. This schedule as made was carried out for the most part successfully.

In March a two day workshop was held with the help of our State Specialist in Rural Arts. One half of one of these days was given over to working with the Art Goal Chairman on "Principles of Arts". The other day and one-half was devoted to tray decorating, (hand painting and stenciling). Under the direction of the agent about 30 trays had been prepared by those wanting to take part in the workshop. The workshop was lots of fun for everybody, and around 35 really attractive trays resulted. The women who made them love them so that so far they have been used for the most part for decoration in the homes.

Many women reported the music appreciation they'd learned in this goal has meant much to them. This study in art has touched and really colored every phase of our program this year, and the women planned to continue this goal for another year, feeling there is much more they can get from such a study.

Twelve women attended the District Meeting this year. Our County Art Chairman planned and directed the make for this District meeting. Seven women represented the county at the State Federation Meeting.

2. County H. D. Achievement Program.

The H. D. Achievement Program held for the purpose of summarizing accomplishments and to share these results with the public in general was planned by the County Committee and by a special sub-committee chairman. Two meetings of this Achievement Program Committee were held to work plans out in detail. These plans were carried out very smoothly and resulted in a much enjoyed day, as well as one in which much was available to be learned.

CREED

As homemakers we will strive to:

Have our organization foster the highest ideals in home, church, school and public life.

Have our homes reach out in service to 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.

POWHATAN COUNTY ACHIEVEMENT PROGRAM



POWHATAN HIGH SCHOOL
NOVEMBER 3, 1949

Because of "popular demand" a "Kitchen tour" to demonstrate kitchens, completed this year, started the day's program. We choose a date on which the facilities of the High School would be available, since regular school would not be going on. An exhibit featuring "Art in Every Day Living" which included art in clothes (well made), foods (of high standard), and various kinds of handicraft. A most attractive lunch prepared and served through the cooperation of the School Cafeteria Manager and School Administrative Staff was appreciated. Another feature along with the exhibits was a demonstration, "Ironing a Man's Dress Shirt" by the 4½ minute method, given by Sallie Mae Hurt, State Winner in 4-11 Laundry. The formal section of the program held in the High School Auditorium during the afternoon featured the Report of 1949 work, given by Mr. H. P. Hicks, Secretary of the H. D. Committee, and a talk in the field of Family Relations entitled "The Future of the American Family" by Mr. John H. Marton of the Richmond Pre-Marriage and Marriage Counseling Service. Over 150 women and a few men attended this program.

3. Master Farm Family Recognition Meeting.

Early in the year we cooperated with the State Office in recommending a "Candidate" farm family for the Master Family award given in Virginia every third year by "The Progressive Farmer". In the final scoring this family, Mr. and Mrs. O. H. Egan, their children Jo and Rick, were selected as one of the nine Virginia families to be so honored this year. The county Recognition Meeting was held a late September afternoon, at the Egan home "Solomons" near Foxhahn and attended by over 100 friends and neighbors. There was first a farm and home tour, followed by a program held on the lawn. Besides representatives of the Progressive Farmer, and of the Extension Division, who took part on the program, the chairman of the County H. D. Committee, and several other local people made fitting talks paying tribute to the family being honored. The program also included lovely music.

Following this program a delicious picnic supper was served by H. D. members and friends of the Klans. Plans for all ^{local} features of this program were made and carried out by committees cooperating with the home and county agents.

4. Community activities.

"Make our December meetings, Community meetings" has become kind of traditional in the H. D. club groups. These meetings (and whatever type of program features them) are carried entirely by the club groups. The only part the agent has in them is assisting with planning or approving them. December of this year these were most creditable and attractive affairs, quite different tho, being colored by talents and facilities of the respective communities. The programs are of course seasonal. These meetings this year were attended by 206 adults besides all the children of the families participating. One club celebrated with a very lovely luncheon followed by a Christmas program of song and story. Several were afternoon affairs, the others evening meetings with men and children participating.

Three Community Houses, in as many communities, are sponsored and maintained by the H. D. Clubs. The establishment of these community meeting places were H. D. projects in years past.

Among the club goals set up this year were:

to cooperate with our County Health Unit in educational programs, and in establishing a "Loan Chest".
and to cooperate with our Welfare Department in furnishing a "Clothes Closet".

These goals were carried out. Into the "Loan Chest" went hot water bags, ice caps, bed linens, towels, a bed rest and a table tray, and bedside tray and other smaller things.

Several tagettes made by club members and around 100 pieces of other clothing, including shoes, have been given to the "Welfare Clothes Closet".

V. 4-H Club.

A. Project Work.

Early in the fall of 1948 in each club members, leaders and agent discussed projects which would be practical for them to undertake during the early part of the 1949 club year. In making a selection of the project to be carried, the time, place of meetings, and transportation had to be considered as well as the girls' interests. All club members were in school, but no club meetings are held in schools or during school hours.

Club members carried projects this year in Quik Breads; Food Planning, Preparation and Service; Clothing - a unit called, "Looking Your Best"; Housekeeping; Food Preservation; and Home Laundry. The objective being to train these girls in good methods and to help them assume responsibility in helping with the everyday home tasks, and to help them develop initiative and confidence and leadership ability.

1. Food Planning, Preparation and Service.

Thirty-four girls in two groups were enrolled in Food Preparation. Thirty completed. Stressed in this project and results were: planning the family dinner - 482 times; setting the table correctly - 1494 times; making milk dishes - 269 times; preparing raw vegetables for the table - 181 times; and correct ways to cook vegetables - 576 times.

2. Clothing - "Looking Your Best".

"Looking Your Best" was the project carried by ~~thirteen~~ ^{thirteen} girls in two clubs. Twenty-seven completed. Twenty-seven improved their rating sheet number ^{of} ~~points~~ ^{points}. One Mother said to us, "This is the first interest J_____ has ever had in improving her grooming habits". Topics studied and demonstrated were: Your Shoes and You, Why Hang Your Clothes Up, Sewing on Buttons and Fasteners, Pressing Your Clothes,

Your Posture, Your Hair, Your Voice, Care of Skin, Care of Hands, and Laundering Sweaters. Seventy-three sweaters were reported laundered by 27 girls. This laundering of sweaters which has been taught in the 4-H project work has helped and pleased many mothers.

3. Housekeeping.

A club of fifteen members enrolled in Housekeeping. Twelve completed. Nine rearranged rooms for easier care. Twelve learned how to make a bed the correct way, demonstrated to them by the County Nurse. Six made and equipped tool boxes, (some already had them), four remodeled or refinished furniture, three made curtains, four bought labor saving equipment.

4. Food Preservation.

Forty members in six groups enrolled in food preservation, which included work in canning and preserving by the new freezing method. Thirty-two completed. (Several who enrolled moved away). Both the adult and junior leaders helped with demonstrations and teaching girls in this project. They reported canning 2015 jars alone and helping with 4736 jars. We stress this responsibility of helping with the home canning. They prepared for freezing 326 pkg. of food and helped prepare for freezing 1251 pkg. All members made a canning plan in the beginning of the project work. Twenty-two demonstrations were given by these girls. Rebekah Bradbury won in the County Demonstration Contest on "Preparing Foods for Freezing" and in the District contest won third place. Rebekah also won first in the county last year so this year the county medal went to Beadie Tilman, Second in the county contest.

5. Quick Breads.

A group of ten small girls at Moseley was organized by Julia Tucker, Junior Leader, into a 4-H Club and took quick breads for their first project. The mother

of one of the girls served as leader also and most of the club meetings were held in her home. These girls made breads 262 times and also made cookies a number of times. Two girls in this group are recipients of the Foley Mill prizes.

6. Home Laundry.

Seven girls enrolled in home laundry. Six completed, the Family Ironing unit. One Cook Family Ironing and Family Washing, this year having completed the other two laundry units previous years.

Sallie Mae Hurt was State winner in "4-H Home Laundry" this year, and will be in Chicago November 25th to December 3rd, one of the nine Virginia 4-H girls attending the National 4-H Club Congress of 1949. Sallie Mae is junior leader of her club and does a grand job too. She has given 26 demonstrations this year- "Ironing a Man's Dress Shirt" to clubs, other groups and individuals.

B. Other Activities.

Three girls represented the county at the State Short Course held in Blacksburg. One was made an ALL STAR.

Fifteen girls (our quota) attended the Jamestown 4-H Camp this year. One of our older girls was elected Camp Scribe. Our economy Public Health Nurse took a week of her vacation and went with us to 4-H Camp, and served as Camp Nurse. She was a 4-H club member years ago in Lambert county and takes a real interest in the 4-H'er's and their club activities.

Thirteen girls attended as 4-H representatives other out of county events during the year.

Five clubs planned and carried out some money making affair to raise their quota of \$100.00 (which the Council had set) for this year to be contributed towards the new Jamestown 4-H Camp fund. One-hundred and fifty dollars was made for this activity and contributed.

Eleven took part in the county contest, two in the District, and one entered and won in the State contest in Home Laundry.

The 4-H achievement program was held in November, (a rather informal program, planned by the committee of club presidents) in the Polishan Community House. Around 100 members and parents attended. Singing and recreational games led by Selma Mae Hurt. Reports of community and project activities were given by club presidents or secretaries. All adult leaders were present and recognized by the member giving the report. Medals and awards were presented by the home agent and new picture entitled "4-H in Action" was shown by the county agent. Refreshments were served by club leaders.

VII. Scope of work.

	1948	1949
Number Home Demonstration Clubs or Groups	8	9
Members	232	277
Number 4-H Clubs	5	6
Members	67	90
Number Older Youth Groups	0	0
Members	0	0
Number of other families reached	237	250
Total number families reached	490	475

VIII. Brief statement as to functioning of:

1. County Home Demonstration Committee.

The chief function of the County Home Demonstration Committee is program planning. This committee composed of the H. D. club presidents and a few other representative women holds regular meetings twice a year, in early fall and early summer. During the all day fall meeting the program for the next year is discussed and determined after, hearing the needs and interests of the respective club neighborhoods presented by their presidents and after a presentation of general county conditions and situations by the home agent. In the fall of 1948 the H. D. Committee and following the procedure outlined above set up the 1949 H. D. program. At the early summer meeting the progress of the program was checked, delegates for the State Federation and Institute of Rural Affairs annual meeting were selected. Starting plans for H. D. Achievement Program,

appointing committees for this and the H. D. Yearbook, were other activities.

Members from this group assisted with the Master Farmer Recognition program this year and assumed responsibility for carrying out the H. D. Achievement Program.

2. County 4-H Club Council.

The 4-H Council is composed of the officers and leaders of the 4-H Clubs.

The Council held two meetings this year. It set up the following goals:

- a. Every club hold regular monthly meetings, with planned programs. This was done.
- b. Every club have at least one leader. Six clubs had one leader each.
- c. Have our quota of members go to Jamestown 4-H Camp. Fifteen attended.
- d. Have three girls represent the county at the State Short Course. Three girls attended.
- e. Hold a County 4-H Achievement Day. This was done.
- f. Have each club participate in raising money for the Jamestown 4-H camp building fund (goal for this year \$100.00). One-hundred and fifty dollars was raised and contributed by five clubs.

II. Summary of Activities of Leaders.

Seventy-six organizational and project leaders helped to plan and carry out the activities of the Home Demonstration Extension Program during 1949. Without their interest, support and activities the program both of the H. D. and 4-H clubs would be so sadly crippled they just couldn't function or have the prestige, or be an educational adjunct effectively. The agent couldn't possibly know the neighborhoods, their needs, their interests, their standards nearly so accurately without the assistance, judgment and often guidance of these club leaders. Somehow when we use cold figures they do not seem to convey the real help and standards which leaders give to the program.

4-H Leaders take the responsibility of scheduling places for the clubs to meet. Many of the meetings are held in homes of leaders. They also are important in helping with transportation, (one of our serious problems in holding meetings). And of course, they give and help with demonstrations, planning meetings

and programs, and keeping records, etc.

Home demonstration Leaders gave the January, April and May demonstrations in all clubs. Program committees, really leaders, planned and carried out the December club meeting programs.

The H. D. Achievement Program was largely planned and the program was carried through by leaders, another example of good leadership, which has developed largely through the training given in the Extension program over a period of years.

H. D. Club leaders assisted at 102 club meetings, gave 49 demonstrations, and 96 discussions or talks of information. 4-H leaders assisted with 59 club meetings and gave 32 demonstrations. All leaders gave 228 days of assistance.

<u>Growth of Home Demonstration Club Project Leadership</u>	<u>1948</u>	<u>1949</u>
No. Project Leaders and goal chairmen	54	58
No. Training meetings held By Specialist	4	3
By Agent	2	4
Attendance at all training meetings	89	91
No. Club meetings held by leaders without agent present	19	12
No. Club meetings at which leaders assisted	94	102
No. Demonstrations given By Leaders	53	49
No. Talks or discussions By Leaders	72	96
<u>Growth of 4-H Club Project Leadership</u>	<u>1948</u>	<u>1949</u>
No. adult project leaders	5	6
No. junior project leaders	5	5
No. training meetings held By Specialist	1	1
By Agent	4	4
Attendance at leader training meetings	33	43
No. 4-H leaders trained individually	4	6

<u>Growth of 4-H Club Project Leadership(continued)</u>		<u>1948</u>	<u>1949</u>
No. Club meetings held by leaders without agent present		7	7
No. Club meetings at which leaders assisted		40	59
No. Demonstrations given	By leaders	25	32
	adult	10	13
	junior	15	19

I. Significance of the year's work.

Besides the churches the home demonstration and 4-H clubs out in the various neighborhoods are the only type of organization around which activities for men and women and girls center in this county, therefore as a means of bringing people together for education purposes (or even for small talk) these clubs serve a purpose. Group meetings stimulate initiative and are conducive to our democratic way of life - ideal. When representatives of these various clubs come together in a county meeting, and are recognized as representing something worth while it gives them a sense of importance and pride in their communities and homes and an appreciation of the educational value of the Extension Service of their Agriculture College.

More people were reached this year through one new H. D. Club organization and thirty-two new members, and one new 4-H club group and 23 additional 4-H members, and through county-wide meetings and home visits.