ANNUAL NARRATIVE REPORT
HOME DEMONSTRATION WORK
BUCHANAN COUNTY
VIRGINIA

1948

Miss Dennis Blevins

Home Demonstration Agent

November 30, 1947 to November 30, 1948

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III. SCOPE OF WORK

A. Home Demonstration Clubs
Number 11 clubs 4 groups Membership 275

Other women reached by Home Demonstration Club members
Number 600

B. 4-H Clubs
Number 16 Membership 207 girls

C. Older Youth Groups
Number 3 Membership 44

D. Number reached through other groups by Agent- 475

E. Other methods used to reach families - publicity, office calls, visits 523

Number families reached 1000

F. Estimate total number families reached - 1750

Number farm families in county - 8085

IV. ADULT WORK

A. Home Demonstration Club Program

1. Project Work

a. How the Program Was Determined

The Buchanan County Home Demonstration Committee is well organized. The members of the committee and many members of the clubs have become conscious of the value of the home demonstration program to themselves, to their communities and to the county. The

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needs of the clubs had been discussed at regular club meetings. At the planning meeting the group was ready to develop a program which put first things first for improvement of family, home and community. They planned for each project to be based on something fundamental, also help them live more graciously and with more beauty and comfort.

b. Subject Matter Field in Which Work Was Carried On

The program needed to be versatile enough to work in both mining and farming communities. The subject matter ranged from simple entertainment, food preparation to home improvement.

Buchanan County is the greatest coal area in Virginia and is undergoing industrial development. The people are experiencing a change from simple life on a mountain farm to one of industry. Incomes are supplemented by gardens and cultivated plots.

The need for electricity in the mines has made it possible for all areas to have electrical power. Transportation system provides ways for people to reach towns. Incomes are high and spent thoughtlessly and quickly. These things contribute to the great demand for modern conveniences, home improvements, refined living and ways for spending leisure time.

c. Food

Refreshments at Home and in the Community

The women serve refreshments at their meetings and other social events. They expected to entertain the young people as Rural

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[illegible] was chosen as federation goal.

They planned for the food to be attractive and suitable to the occasion. The service simple.

The agent gave ten demonstrations to H. D. Clubs on cooked mayonnaise and sandwiches decorated with holiday ideas. A table was arranged attractively and sandwiches served with hot tea. Three leaders have given demonstrations to clubs. These ideas have been used many times by club members and passed to neighbors and relatives. These are some things women say they learned and used.

Never serve more than two kinds of sandwiches or cookies

To use hot tea plain or spiced.

Decorated sandwiches

The cooked mayonnaise is better for sandwiches and salads.

Mrs. Henry Young, Tookland, Virginia is making use of the idea in introducing the lamp the H. D. Clubs are selling. She invites ten to twelve neighbors in and serves light refreshments. She has enjoyed it and the people have enjoyed it.

Pastry and Pies

Some of the women asked for a demonstration on pie pastry as they often made failures. Demonstration on pastry mix was used. Different fillings were used at different meetings. Fifteen demon-

strations have been given to clubs, seven of these by leaders.

Mrs. Carrie Ratliff, the County Chairman says she keeps it at all times and has never had a failure. She has brought pies to the club picnic, planning meeting and other club events and has given three demonstrations in her neighborhood.

Fruit and Vegetables in Family Salads and Salad Dressings

In the majority of homes too few salads were being served. Too little training and thought had been given to selection and preparation of fruits and vegetables.

This became one of the most popular demonstrations. Seasonable vegetables and fruits from local gardens were generally used and suitable salad dressings made to serve on them.

In the discussion, emphasis was placed on nutritional value of fresh fruits and vegetables and the correct selection, care and preparation for cool, crisp, colorful salads. French dressing was well liked and methods for making has been passed from house to house in some neighborhoods. Sour cream dressing was made and encouraged to be used if the family had a cow.

The agent has been ask to make dressing and arrange salads several times when stopping to see women. The leaders have done much in giving valuable points for attractive salads.

Cottage Cheese

To many cottage cheese is new. The Home Agent has taken advantages of chances for making and showing how it could be served with other foods.

Twelve demonstrations have been given to groups.

Food Preservation - Canning

In the past, agents have given demonstrations on canning and the use of the pressure canner. From request the agent gave four demonstrations to groups and seven to individuals. Leaders give information to neighbors. One thousand U. S. Department of Agriculture bulletins on Home Canning of Fruits and Vegetables were distributed or called for at the office.

Much of this work is of high quality. Five hundred and forty jars were exhibited at the Grundy Fair. One hundred forty thousand and six hundred and forty quarts have been reported from 250 club women.

Frozen Foods

Interest has increased for frozen foods as home freezers are being bought.

Miss Janet Cameron, the Extension Food Specialist, gave a demonstration on preparation of foods for freezers. The Home Agent has given individuals and given information and bulletins to

Gardening

Plots for gardens are small, some homemakers have no place for gardens. Interest is on the increase for better gardens. During the month of January five clubs discussed new varieties of vegetables to be grown.

An extension garden specialist talked to three mixed groups in the county. Information on production, control of insects, and diseases was distributed.

Mrs. Mary Miller of Garden Creek Club uses ground to advantage. Vegetables are grown in flower beds as well as garden plot. Even flowers were set among the strawberries.

Mrs. Tivis Breeding of Davenport Club leads in gardening. Her garden is well planned and cultivated throughout the growing season. She saves and passes out seeds and information as well as setting an example. This year twenty-two different vegetables were grown.

From her garden and truck crops she has canned 2000 quarts and stored sweet and irish potatoes, pumpkins, cushaws, squash, turnips, beets, sorghum, 1 1/2 bushel of dried apples and 1/2 bushel dried beans.

d. Housing

As electricity has made it possible for rural people to have modern conveniences, fifty per cent of the club women have

water systems. This year twenty-nine bath rooms were added and others will be installed as soon as equipment is available. The majority have refrigerators and electric stoves. Fifteen have suction electric cleaners. The demand grows for convenient and attractive homes.

Kitchens

The Extension Home Management Specialist came for two meetings on kitchen planning. Four kitchens were visited and twenty four interested women attended. Forty-seven kitchens have been remodeled or rearranged.

Care and Cleaning Furniture

Women wanted better cleaning methods. Old furniture needed to take on new life and new furniture given proper care.

The month of March was given to this project. The demonstrations were on the making and use of furniture cleaner, furniture polish and shampoo for the upholstry.

Four hundred mimeographed directions on this project have been distributed. Calls are still being made for them.

The women say they find it less expensive, gives better results and easier on the hands than commercial cleaners and soaps they have used.

Care and Finishes of Floors

Homemakers desire floors that are attractive, inexpensive, and easy to keep. They asked for a way to finish floors, so they may keep their finish over a period of years and a method to speed up their care.

The instructions given makes it possible for a floor to be attractive with less care. The method had been used on 32 refinished floors and 15 new ones. Others have plans to remove paint, varnish and shellac as soon as possible and supplies are obtained. These instructions are in constant demand.

Furniture Arrangement

Furniture arrangement was chosen in order to make a home for more comfortable living and the family have a place in which they would like to bring friends.

The theme to have things which add to comfort, usefulness and beauty was emphasized. Furniture and accessories were discussed and arranged so they would be more restful, have balance and order and give maximum of comfort and use. Many useless and ugly articles were discarded.

The home of the County Agent has created the most interest. Leaders from different clubs were present when rearrangement, color schemes, and furnishings were planned. Walls have been redecorated,

chairs, small tables, and lights, mirror, rugs and slip covers added. Women have returned to see it. A group visit is planned in the future.

A Home Improvement Project in Little Prater Club
by Mrs. Henry Young

The Frank Ratliffs built a four room house. After moving in they found the living room too small for living and dining as they had intended. Later a back porch was enclosed but was too narrow.

A basement was put under one half the house and a hot air furnace installed. An outside entrance was only access to basement.

Mr. Ratliff is lame, so the furnace was Mrs. Ratliffs care. The basement door was approximately 40 feet from entrance to house. All kinds of weather had to be endured and combated.

The Ratliffs had several carpenters look the house over and find a way to put in stairs. They shook their heads and said they would figure it out when there was more time. Mrs. Ratliff asked neighbors for their advice. The water and air pipes were always in the way of any suggestion.

With the help of club members and agent it was decided to continue the outside steps, enclose them in a wing and have a door entering the bedroom, also have a door at the ground level. At the suggestion of one club member, a dining room 12 x 16 was added to the west side and would balance the addition for the stairs.

Mrs. Ratliff used an idea from January 48 issue of Better Homes and Gardens. The walls are soft green and the woodwork cream. The equipment in the kitchen was rearranged.

The house is much more attractive from the outside and more convenient as well as attractive inside. The Club and the community is proud of this project.

e. Clothing

Cleaning Sewing Machines

Cost of clothing is high for incomes. Attractive piece goods are back on the merchants shelves, so the women felt the need for making more of the family's clothing. Some machines needed adjusting before they could be used and all needed cleaning.

This project has been valuable to club women. Fifteen women came to a clinic and twelve machines were cleaned and adjusted. In turn these women have helped and are still helping to clean machines in their communities. The Home Agent has had twelve meetings on this project. Some women have never known how to adjust a machine, some had used theirs for years and had never cleaned it. Besides this information, they learned to oil and care for their machines. To date, reports have been made of 205 clean machines.

Choosing the Better Dress

Clothing during the war period had not worn or cleaned well. Changes in style and length made many dresses useless. Prices had risen but wardrobes had to be replenished.

The women want to have clothing that will make them feel and look well-dressed, suitable for different occasions, and can be worn over a period of years. As winter clothing is more expensive and is worn longer, September was set for studying the things to consider, look for and ask, when purchasing a dress.

In the study the points brought out and discussed were kinds of fabric, lines and cut, points to check for correct fit, construction, information on labels, and accessories.

Illustrations and patterns for different types were shown. Dresses were modeled and studied. Each woman was given a check sheet for use when planning and selecting her wardrobe.

f. Art

Flower Arrangement

The local garden club has helped to add joy in cultivation and beauty in arrangement of flowers.

Seven clubs selected flower arrangement as their club choice. Two women who belonged to both groups helped or gave the demonstrations.

More results have been definitely seen from this than any other subject. Flower arrangement is one of the best ways of teaching and learning art principles. The planning committee included it in the 1949 calendar.

Hand Made Articles

The clubs chose "Christmas Ideas" for November. Each member was asked to bring at least one handmade article. This would give an opportunity for exchanging patterns and directions, also time for using them in making gifts.

The A B C of good lighting was included on the program and qualities of the lamp (which they are selling) were explained and plans for sales made.

2. Federation Goal

a. Rural Youth

In considering a goal for the county, there were discussions on the rapid increase in population, lack of places for entertainment and amusement, and the crowded condition of school. One woman stated, "We should consider our children the most important crop". Rural Youth became the County Federation Goal.

1. January was set for discussion and plan making in the home demonstration clubs.
2. Each club should do something suitable and adaptable in their community.
3. Each club be responsible for helping home agent secure 4-H Club leaders.
4. Try to organize three elder youth groups in the county.

5. Invite and encourage young women to attend the home demonstration meetings.

Every club had a meeting on the County Federation Goal, considered the needs of the youth, the abilities of the leaders and made plans.

Two 4-H Clubs were organized.

In three communities the young girls were still in high school or married. All young women were given special invitations to the H. D. meetings. Twelve young married women have become members of the Davenport Club. In each of these clubs young women were elected officers for 1949.

In one community a group of young girls organized, selected demonstrations from H. D. plan of work.

In another, was a group of young married couples. Their programs were educational and entertaining.

In the Little Prater Community youth of high school age were entertained in different homes from time to time.

Other communities featured group singing, picnics, hikes, and parties.

The youth discovered that entertainment can be created at home. The women have enjoyed it and became conscious of their abilities and responsibilities. This may have been the seed for having a more abundent home and community life in parts of Buchanan County.

3. Other Activities

a. Institute of Rural Affairs

Three women from this county went with the Home Agent to the Institute of Rural Affairs. They were impressed by the number of farm men and women present, the manner and rapidity of meal service in the cafeteria, the size of the campus and buildings, the organizations of Federation of Home Demonstration Clubs, the opportunity to see and hear leaders and most of all the educational value of all the meetings.

Mrs. Henry Young took detailed notes and gave a most interesting report to the County Club picnic. She injected humor and highlighted features which would be of most interest and value to the women and gave them an idea of the state wide organization.

b. Home Demonstration Picnic

In the past, three home demonstration clubs have met for an annual picnic. This year other clubs were invited. Eighty-five people came and seven clubs were represented. Each club member brought food for their family but all was served together.

The group arrived in time for lunch. The program in the afternoon featured group singing, a talk by the County Agent, report on the Institute of Rural Affairs by Mrs. Henry Young and reports from club presidents.

Plans have already been made for county wide picnic and [illegible]vement day next year.

c. Visits

Groups from five clubs have visited other clubs and ex-[illegible]nged ideas. This added enthusiasm and competition.

d. Lamp Project

The Home Demonstration and 4-H Clubs have no camp in Southwest Virginia. The Appalachian Power Company has made it [illegible]ible by giving ninety acres on Clayter Lake and introduced a l[illegible] with the improved G. E. bulb. The profit from the sale of the [illegible] will start the building fund.

In this county the sales campaign opened with a dinner for [illegible]ders. The women are working dilligently to sell more than the [illegible]ted quota.

Along with this is a campaign on good lighting. The [illegible]alachian Power Company is furnishing and operating a film on "[illegible]portance of Good Lighting". Educational material is dis-[illegible]ed and explained. The program is carried to clubs, schools [illegible]ural groups in all parts of the county.

4. [illegible]

The women who have been selected as officers and leaders of the clubs have attempted to assume their duties and many have done surprisingly well.

The County Chairman has well expressed to different groups the importance of a woman as a homemaker and contributions which the home demonstration program may make in developing better people as well as better homes.

The planning meetings and leader training meetings do much toward strengthening the county organization and helps each person to understand the problems of the county as a whole and most of all they are learning to think and work together on a county wide basis. The inspirations they receive are expressed in reports to their individual clubs.

Two ex-home demonstration agents are members of one club. Their contributions and cooperation are felt throughout the county.

Those who were asked to serve on committees in arranging displays at the fair made plans before the first meeting. Mrs. Henry Young had made racks for canned foods. Others added to the success by serving as hostess.

At the Council Fair the women planned and arranged the displays. Home Demonstration women from other clubs served as judges.

Fair

The Chamber of Commerce sponsored the Buchanan County Fair which was September 3rd and 4th in the school cafeteria. The plans were made and displays were arranged by committees from the Farm

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and Home Demonstration Clubs. Seven local dealers had exhibits of household equipment. At certain times demonstrations were given on use of cooking machines and correct use of ironers.

The fair creates more interest and enthusiasm than any other rural project. There were nine hundred and seventy entries. Seven hundred and ninety-three people registered and an estimated number of two hundred and fifty others came.

The results can be easily determined by the improvement of the quality of the products. This year there were five hundred and forty canned products, which took five hours for judging. People not only looked at the exhibits but examined them and asked questions.

The Appalachian Power Company gave their full support and cooperation. They made the announcements, furnished the music and some educational movies on the terrace at nights. Their Home Economist served cookies and coffee to the public.

As Council is an agricultural area, in a secluded part of the county and is difficult for the community to get their products to county, they featured a fair for one day at the local school. This year, Friday, September 24th was their day.

The displays were estimated at five hundred by the 4-H Club members, farm, and homemakers. Other outstanding features were the baby show, the classroom displays, and the contest from

jumping and climbing the greasy pole for the students.

The entire school was transported by county bus and the majority of the patrons came with them.

The Appalachian Power Company helped to make it a success. Movies were shown throughout the day in the school auditorium.

V. WORK WITH YOUTH

A. Typical 4-H Club

Stone Coal is a typical 4-H Club. It is at a two-room school. All the students in the senior group are old enough and belong to the club. The leader is interested in the program and was a leader at the 4-H Club Camp.

Meetings were held each month and the programs fitted to the project and time of year. Each officer assumed his or her duty and did it well. The project work was excellent in amount and quality and the programs were original and well presented.

Learn to Sew was the project. The Home Agent gave demonstrations and left samples of work they were doing. The leader directed them in doing and making improvements in their work. Each girl kept an equiped sewing box at school. After she had finished her school work for the day she was allowed to move to a table in the rear of the room and work on her project. Feed bags were converted

into kitchen towels, aprons and scarfs. In addition some of the girls made luncheon sets or skirts. In this project the girls learned the fundamentals of sewing and to do superior work with their fingers. Machine work was used on some of the aprons and skirts. Every article showed excellent workmanship.

The summer project was canning. Some of their products won prizes at the fair.

1. Project Work

This was the first experience for the Home Agent as a leader of 4-H Club projects. With the help of the assistant State 4-H Club Leader the Learn to Sew Project was planned for the club girls.

The preceding year the county had no Home Agent. Some of the girls carried the same project as boys. The majority of the club members are in the rural grade schools and range in age from 10 to 13, so the work is new to the younger ones. Project leaders had to be selected.

The Learn to Sew project could be taught to groups and leaders and definite results could be seen and exhibited. They needed to learn that the project was as importance as the program.

Pulling threads for cutting, measuring, pinning, basting and simple hemming with fingers and machines were the fundamentals taught.

Through the help of leaders the result was excellent. In thirteen clubs composing 182 girls projects were completed and received 100%.

During summer, canning was carried. Due to distance and other interferences many of the girls were unable to attend the club meetings. 4-H Club girls exhibited some of the best products at the fair.

Fifteen of the sixteen clubs met in schools during the school hours. Each club had officers and they took pride in conducting meetings according to parliamentary procedure. The programs were planned by committees and leaders.

The County and Home Agent helped to plan a party or picnic for every club. Ball games were scheduled between clubs where it was convenient. Each year Stone Coal and Matney have a field meet in which games, contests and stunts are competed. Small prizes are given and the club having the greater number of scores is honored.

2. Other Activities

a. 4-H Club Camp

Fourteen boys and eight girls went to the 4-H Camp Summers on the Greenbriar in West Virginia. Virgil Stacy a Buchanan County boy was elected Big Chief.

VI. OTHER AGENCIES

1. Public Welfare

The superintendent of public welfare is a home economist. She is invited and attends H. D. meetings and encourages clients to join the clubs. Whenever possible and helpful the agent and welfare superintendent work together.

Save the Children Federation met in the county extension office. The Home Agent acts as secretary. Twelve layettes have been made and equipment bought for three playgrounds. The organization is making it possible for one girl to attend high school by giving her clothing and spending money.

2. Health Department

The Home Demonstration Clubs have had health as a county goal and are still health conscious. The agents reports dates of clinics and encourages the members to make use of the services.

VII. EVALUATION OF 1948

Nineteen and forty-eight is the first full year for the Home Agent in extension work and in the county. There was no agent the previous year.

The women in Buchanan County have come to feel that the home demonstration program is essential in the county and the public accepts it as an important agency. The ground work is firm and the organization well-knit.

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The greatest results were shown at the fairs. Three times as many canned products were exhibits. The increase in quality surpassed the increase in number. The improvement could be seen as well in handwork and sewing. More and better products are found in the home. People are asking for more information and help.

The outstanding results cannot be put in figures. The women have come to consider homemaking a high career. They have recognized basic needs and placed home problems first. They are realizing the values of training for doing a better job.

Most of all they are becoming a part of the program. They make efforts to attend meetings, assume responsibilities and express themselves intelligently. They are learning to get joy out of simple tasks well done.

The future looks bright. The experienced members have stability and carry the fundamentals. The many young women who have come into the clubs add enthusiasm and interest.

Report from 250 Women
Home Demonstration Progress Report 1948

Made and used Mayonnaise 179 French Dressing 212

Made and used pastry mix 181

Made and used furniture cleaner 220 Furniture polish 163

Improvements Made in Home

Built or remodeled 7

Painted the house 19

Painted or redecorated 36 No. Rooms 114

Refinished or improved floors 42

Remodeled or rearranged kitchen 47

Cleaned upholstered furniture - No. 141 Tied springs ____

Installed water system 41

Added bath room 29

List any others

Cleaned or help clean sewing machines No. 205

Made improvements in Clothing selection 220

Made or remade No. 1562

Amount food preserved

Canned No. qts. 65500 Vegetables 72550 Fruits 2590 Meat ____

Brined No. gal. Vegetables 210

~~Dried~~ No. ~~lbs.~~ Vegetables 4590 Fruit 450

Hogs Butchered No. 254

Cows Milked No. 197