

ANNUAL NARRATIVE REPORT  
OF  
COUNTY HOME DEMONSTRATION AGENT'S WORK  
IN  
GARRISON COUNTY, VIRGINIA

1947

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III. Scope of Work

A. Home Demonstration Clubs

Number..... 18 Membership..... 345

Other men reached by home demonstration club members... 1275

B. A-H Clubs: Number..... 11 Membership..... 273

C. Number reached through other groups by agent..... 475

D. Number families reached through neighborhood and community leaders..... 1024

E. Other methods used to reach families - Number of families reached..... 2000

F. Estimate total number families reached ..... 2675  
Number farm families in county..... 4500

IV. Adult Work

A. Home Demonstration Club Program

1. Project work

a. Program planning

The extension program for Carroll County is planned by a county Home Demonstration Committee. The committee consists of the president of the eighteen home demonstration clubs, the Federation Club Chairman, and other outstanding home demonstration members at large.

This Committee meets twice a year. Before the fall meeting the presidents hold a program planning discussion in her home club. This enables the president to be a better representative of each club and also gives a better understanding of the needs of the group. In the fall meeting of the Committee, county wide needs are discussed and a month by month program is set up.

b. Subject matter

This year the group set up "Youth" as our Federation Goal. Other things that appear on the program are: "Bag Making," Treatment of "Winds," "Home Beautification," "Fitting and Cutting a Cotton Dress," "Dress Finishes," "Ironing a Shirt," "Lamp Clinics," "Storage Spaces," and "Making our Best Appearance."

c. Project

1. Food

a. Production

Early in the spring much emphasis was placed on home gardens throughout the county. Due to the increased cost of food, the food scarcity in foreign countries, and also an effort being made to get a greater variety of foods on the family table; the home demonstration club leaders, the newspapers, radio, and government leaflets on gardening were used to increase our food production.

The club leaders brought to their clubs timely information on gardening which included garden plans, adapted varieties of seed, adapted varieties for freezing, and timely gardening jobs. The newspaper and the radio were used to emphasize the above program and to reach additional people. According to the survey reports all home demonstration club members had home gardens in 1947. However, our production of food was not limited to the family garden. Many acres of beans, onions, cabbage, and other vegetables were produced for commercial markets. For these farmers the extension workers emphasized the growing of improved varieties.

## B. Conservation

Now that a few home freezers are being purchased by homemakers and that two freezer locker plants in nearby towns have recently been completed, freezing is being used in Carroll County as a way of conserving food. Three demonstrations and twelve office conferences have been conducted on the preparation of food for freezing. Bulletins on "Frozen Food" have also been distributed to homemakers having a home freezer or access to one of the locker plants. According to reports 1,065 pounds of fruit, 930 pounds of vegetables, and 2,243 pounds of meat have been frozen by club members for family use.

Since pressure cookers are more plentiful on the market, and more and more homemakers are using them in preserving a food supply that assures their family of a better balanced meal, the county extension program still stresses this phase of food conservation. Canning demonstrations were given in Home Demonstration Club meetings, government time tables, and canning bulletins were distributed. As sugar was available this year there was a 10% increase over last year in home canned fruits in Carroll County. Homemade jellies, jams, and preserves are finding their rightful place on the pantry shelf. The Home Demonstration Club members reported that they have canned 135,870 quarts of fruit, 82,890 quarts of vegetables, and 38,240 quarts of meat during 1947. As for food storage, 269,380 lbs. of fruits have been stored for winter use. 172,460 lbs. of vegetables, and 246,150 lbs. of meat cured.

Through the garden and food conservation program 358 families report that they have learned to like one or more vegetables such as carrots, peas, greens or celery, that they formerly refused to eat.

## 2. Clothing

### a. Laundering (Home Management)

The homemakers of Carroll County recognize ironing as one of their most tiresome household tasks. The ironing of men's shirts seemed to be the most time consuming item. The Home Management Specialist, Miss Helen Alverson, trained fourteen home demonstration club leaders to give a demonstration on "Ironing a Shirt." Eleven demonstrations were given by the club leaders and seven by the county home demonstration agent. Two hundred fifty seven home demonstration club members saw the demonstration and received literature which listed step by step the technique used. At each club meeting after the leaders' demonstration meeting, some member volunteered to prepare and iron a second shirt, while another volunteer gave the steps. One hundred sixty four ladies say they can iron a tailored shirt in five minutes.

### b. Construction

Due to the increased cost of clothing and also to the need of replacements in work clothing, we found the women of the county most interested in the selection of work clothes. A study was made of suitable patterns and materials. The extension workers found the local merchants cooperative in furnishing samples of materials for use in club meetings and labeling their bolts of material indicating color fastness, and shrinkage.

Sixteen home demonstration club meetings were devoted to fitting patterns and cutting work dresses. These meetings were followed with demonstrations on "Dress Finishes." Following the demonstration on finishes a work period was given in which the ladies had help from the home demonstration agent in putting in zippers, hems, finishing seams, making buttonholes, and finishes for collars and sleeves. The Home Demonstration Club members made 1,035 work dresses to add to their wardrobes 3,570 other garments for other members of their family. The clothing leaders kept the club members up to date on style trends by giving a brief report at club meetings on basic trends such as skirt lengths and the like.

### 3. Home Furnishings

#### a. Conservation

##### Rug making

Most of the rural had worn woolen garments that they wanted to use in some way. They also wanted some handicraft to work on during the cold winter months. After the club members decided that they would make braided scatter rugs, the groups studied color combinations; dyed the materials and prepared it in folded strips all ready to start braiding. The colors of the material made the rug making most fascinating. There were pretty shades of blue, rose, rich browns, tan, yellow and green. In the fifteen club meetings the members learned to braid the woolen strips and to lock stitch the braids together on the braid so that the rug would be reversible. Leaflets on rug making were distributed to each member.

Two hundred and seven rugs were made.

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b. Refinishing Clinics

Two refinishing clinics were held in different sections of the county. To these meetings the club members and other people in the community would bring the piece of furniture they wished to refinish. The group worked together in removing the many coats of paint and other old finish from the furniture. Much commercial paint and varnish remover, steel wool, and an abundance of sand paper was used. As most of the pieces refinished were either walnut or cherry, a natural finish was desired, so clear white shellac was used. A beautiful handmade maple chest of drawers is now able to show its face again after being hid behind many coats of black paint for nearly sixty years. Some of the other things that were refinished are two beds, one of walnut and the other of cherry, a cherry table, four chairs, a walnut maple top wash stand, and a cherry chest. The club members that attended these clinics have other furniture in the home to be refinished and will also serve as leaders to help his neighbor with his refinishing problems.

c. Lamp clinics

241 kerosene oil lamps were electrified in clinics. Much interest in "Home Lighting" was aroused by the extension of electric power lines in the county. Some families had electric lights but had been unable to purchase the light fixtures they desired and the price of many electric lamps that were in the furniture store were prohibitive. In planning the county program on Home Lighting the home demonstration agent and Miss Sarah Moore, lighting specialist for the Appalachian Electric Power Company, cooperated closely together. Announcements about the lighting clinics were made a month previous to the meetings, and a discussion of the type of things that were suitable to electrify. The club secretaries sent reminder cards

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to all club members and the schedule of meetings was also published in the county newspaper.

The lighting specialist conducted the meeting assisted by the home demonstration agent. After a discussion of the different types of lighting fixtures and showing examples of each, a demonstration was given showing how to electrify an oil lamp.

Each person brought forth the lamp, vase, bottle or jug he wished to electrify, and collected the gadgets and equipment with which to do the job. The home demonstration agent and the lighting specialist assisted the ones that needed personal help. Charts were also used to indicate just how the socket and plug should be wired. After the wiring was completed each assembled fixture was tested to see that it would burn correctly. Shades of different sizes were tried on each lamp to determine the size shade that would look best. At the close of the meeting, a picture was usually taken of the group and their lamps.

Fifteen such meetings were held throughout the county. 241 lamps were electrified and thirty-eight of these were beautiful "parlor lamps" which are being used for decoration and to light a hall or to brighten some part of the living room.

A radio broadcast on "Home Lighting" was given by the County Home Demonstration Agent in an effort to reach more people. The script is enclosed in this report.

d. Curtains and draperies

Since curtain and curtain materials had not been available the homemakers had been unable to make replacements. As making curtains and draperies was a job most of us planned to do, the group wanted to study new style trends and learn all the tricks to make the task easier. Sixteen demonstrations were given by the home demonstration agent on "Treatment of Windows" in which she used color slides to emphasize the effect of color and also, step by step the construction work in making various types of curtains and draperies. A miniature window and miniature curtains appropriate for each room in the home were also used. Not only were these miniature curtains used to emphasize types and proper lengths for curtains but also suitable materials and methods of construction.

Samples of both drapery and curtain materials were secured from local merchants and used in the discussion at each meeting. Since this demonstration the home demonstration club members have made 658 pair of curtains and repleated 306 pair. Some are cheerful kitchen curtains made of white feed bags with a colorful border. Others are bright ones for the bed room while some made crispness ruffled curtains for the living room. Points on curing window defects brought about such discussion and was a problem commonly faced by homemakers. The government bulletin on "Window Treatment" was also given each club member to be used for reference.

e. Storage spaces

According to a survey of county needs, providing needed storage spaces is an outstanding need in Carroll County. Many of the homes are old and do not contain adequate closet space.

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This demonstration was approached from the angle of first extending the use of the present bed-room closet space by the use of shoe bags or racks, laundry bags, garment bags, additional racks, and other closet accessories. An exhibit of closet accessories was used and patterns for the home made items were given to club members.

The "Sears Roebuck Closet Accessory Exhibit" was also used. This exhibit was made up of posters showing the use of closet accessories and closet arrangements for the different members of the family. In considering living room storage such things as writing materials, games, books and newspapers were brought into the discussion. Plans for home built book shelves were available to those who wanted them. Of the fifteen home demonstration clubs that had this demonstration six club had the club secretary order door hangers and skirt hangers for the group. Two families have built coat closets near the back entrance for rough wraps and galoshes.

#### 4. Home Beautification

Fourteen Home Demonstration Meetings on "Home Beautification" were held in March. Each meeting was held at a home that had shrubs in need of pruning or a landscaping job to do. After a discussion led by the home demonstration agent, on general principles in landscaping the group worked out a suggested plan for landscaping that particular home. In other meetings the group was shown how to prune shrubs and suggestions for moving walk ways and other general improvement of the home grounds were given. Two days help from the State Landscape Garden Specialist was also secured in which plans were made for landscaping eleven homes.

Enclosed is a picture of Mr. & Mrs. Ted Quessenberry's home and they are now planting the shrubs according to the plans made last spring. Two other snapshots are also enclosed showing a before and after ground improvement plan as carried out at the home of Mrs. Luther Lergen in the Gladesboro community. One hundred and fourteen club members have done one of the following improvement practices this year: graded the home grounds, planted shade trees, seeded the lawn for grass or planted permanent shrubs.

## 2. Federation Goal

"Youth" was selected by the county committee for the Federation Goal because the rural youngsters in our county have no planned or supervised recreation in their community. First the home demonstration members made a survey in each community. From this survey the recreation needs were determined. Due to the age of the majority of children in some communities recreation in the home seemed to be greatly needed. The Goal Chairman and the home agent worked with the homemakers in the community on planning birthday parties, games for the family, books for different age groups, and family picnics. The Home Demonstration Clubs sponsored social activities for each 4-H Club in the county. Each 4-H Club had either a party or a picnic that was planned jointly by a committee of adults and 4-H club folks. Lanesburg and Hillsville communities established a recreation center for the young people. Throughout the spring and summer these groups had one night each month set aside as "Recreation Night." The adults helped plan the games and supervised

the party. Designated persons of the young peoples group led the games and songs. The Lumbenburg group with the cooperation of the adults in the community now have a moving picture each Wednesday night.

### 3. Other Activities

The extension workers work closely with other organizations as more good can be accomplished through cooperative effort.

Through the cooperative work of the Red Cross and the home demonstration club leaders eight adult classes in "Home Nursing" have been taught. The home demonstration club leaders organize the classes and the local Red Cross Chapter furnishes the nurse who teaches the classes. Ninety four ladies have been enrolled with seventy eight completing the course and receiving Home Nursing Certificates.

The Home Demonstration Club members cooperated with "Save the Children Federation" and have made dolls for the Federation to give as Christmas presents to children in schools that the Federation sponsored.

The Tuberculosis Association finds the extension workers and club leaders most cooperative in informing the rural people and helping in clinics.

Other organizations that the extension workers have cooperated with are Soil Conservation Service, Farmers Home Administration and Rural Electrification.

### 4. Leadership

There are eighty six executive officers that help carry on the county extension program. The eighteen Club presidents are trained by the Chairman of the Home Demonstration Committee who clearly explains their duties and gives other suggestions for conducting club meetings.

The vice-presidents, secretaries, devotional leaders and the treasurers receive help from the home agent from time to time. These officers give at least four days during the year which makes 344 days in 1947 given to their extension program.

The 32 project leaders are trained on a county wide basis to give a specific demonstration. Either a State Extension Specialist or the home agent will train these leaders and the leaders in turn give the demonstrations to the home demonstration clubs in their communities. These leaders have given forty-one demonstrations this year.

The Federation Goal Chairman in each club has worked diligently with the people in her community on "Youth Recreation" and carried out the plans and recommendations given by the county federation goal chairman. The chairman has kept her home demonstration club informed as to the "Youth Program" in the community and also served as adult leader for the group.

#### B. Other Means of Reaching People

In an effort to reach more people with the extension program, all tools that we have at hand are used. The home agent has a regular radio broadcast scheduled once a month with the local broadcasting company. Timely topics are used and plans are now being made to use 4-H club groups and home demonstration club women on the monthly broadcast.

News stories are published in the county paper that is published weekly. Eighteen news articles that were sent out from the home agent's office were published this year.

Community leaders and home demonstration club members adopted three non-club members each to pass information to. This has resulted in the distribution of many bulletins and provided a means of reaching more people.

## V. Work with Youth

### A. 4-H Clubs

#### 1. Organization

##### a. County Council

This year a 4-H Council was organized. The council is composed of the Executive officers of each 4-H club in the county and an adult leader. From this group the Council officers of President, Vice-President, Secretary, and Treasurer were selected.

Two meetings have been held in which the council set up county wide 4-H club goals, a month by month program, and had a training meeting for all officers. With the help of adult leaders and the home agent each officer was trained to fill his particular office.

The Council Goals are:

1. Each 4-H Club is to have two socials this year.
2. Each club send one representative to Camp.
3. Each club carry a community project.
4. Award to the most outstanding club a plaque.

The points to be considered in plaque awards are:

1. Attendance to club meetings, camp and council.
2. Number of projects completed.
3. Other activities (community projects, school lunches, programs, etc.)

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The Council planned to have more fund in the club meetings by learning new songs and new games. The Council is also making 4-H supplies available to local members.

In the Council meetings twenty 4-H club officers have received training; ten clubs had a party or a picnic; eight had a program planned and given by 4-H club members; four girls attended 4-H Camp; one girl attended 4-H Short Course at Blacksburg, and 450 projects were completed by the 4-H club members.

## 2. Project Work

### a. Program Planning

The Carroll County 4-H Club program for 1947 was set up after the 4-H club leaders and the home agent studied the needs of the 4-H club girls. A discussion of winter projects was held with the club members and they made the selection of a project.

### b. Subject Matter

The projects carried by 4-H Club members this year are: canning, house-keeping, clothing, and food preparation.

### c. Clothing

The care of clothing was a much needed project and one that was popular as a winter project. In their project work the 4-H club girls made sewing boxes, learned to darn, patch, launder sweaters, and made either a laundry bag or a shoe bag. One hundred twelve girls carried this project and 1,240 garments were repaired.

For summer project over 150 girls selected clothing construction in which they were taught how to use a pattern and use the guide sheet; and garment finishes. Upon the completion of this project each girl exhibited or modeled the dress or skirt she had made. Enclosed are pictures of two dresses, made from "feed bags."

#### d. Housekeeping

Housekeeping is a project liked most by the younger 4-H club girls. In this project they learn to care for their room, set the table, and make table mats. With the help of club leaders the girls also improve their sleeping unit or set up a study unit for themselves.

#### e. Canning

Food preservation "stands out front" in importance from the important place it holds in providing food for the family table and also serves to teach the girls good canning technique. Each girl made a written plan of work and a family canning plan. After club demonstrations given by the home demonstration agent or a club leader, the members were able to use the "boiling water bath" for canning fruits and the pressure cooker for non-acid vegetables and meats. Other than demonstrations the home agent used posters and government canning bulletins as tools in teaching. Each club had a canning exhibit from which the club winners were selected. This also gave the judging team experience in judging canned food. The St. Paul 4-H Club composed of 27 members in a new club organized in May. All this group carried a canning project this summer and had 100% project completion. The only club in the county to have such an excellent record. Thanks to their home club leaders, Mrs. Massie Johnson and Mrs. Queenberry.

#### 3. Leadership

Nine of our eleven 4-H Clubs have adult leaders. They are councilors for the executive officers in club matters. They also give demonstrational help, and help individually with project work.

In communities that have both a Junior and Senior 4-H Club, Junior Leaders are selected from the Senior Club to help the Junior members, and assist them with their project work.

#### VI. Evaluation of 1947 Program

The Home Demonstration program has contributed much through maintaining its organization through which health and other worthwhile programs have been channelled.

Through cooperation with the Red Cross the rural women have had the advantage of "Home Nursing Classes" for which there is a great need as local doctors leave their offices only on emergency calls. The rural people also see that the Red Cross has a peace time contribution for them.

One of the outstanding contributions of the Home Demonstration Program in meeting local needs has been made through home lighting. This has placed many of the county homemakers at least a decade ahead in lighting.

The Home Beautification Program has increased home and community pride. Through interest shown and request for help in this field its expansion is evident.

The Home Demonstration Club program as a whole and its contributions to youth through the 4-H Clubs has made a definite contribution to the progress of Carroll County people.

Station WROE, Blax, Virginia, October 20, 1947

This afternoon I am going to talk about selecting lighting fixtures and portable lamps for the home.

Proper home lighting is of prime importance in the home as it helps to conserve eyesight. Eyes, you know, are our most valuable possession—87% all our impressions come to us through our eyes. Nature has given each of us one pair of eyes to serve us a life time. The care that we take of them will determine how well these eyes will serve us. In addition to conserving eyesight, home lighting makes our homes more attractive and a much safer place to live.

In lighting the home for safe seeing we want to have enough light for seeing the task to be done. We should avoid glare by shading all bare lamp bulbs and we should properly distribute the light by having enough lighting fixtures and lamps to eliminate dark and light places.

To properly light a home, two types of lighting are required: lighting fixtures and portable lamps. Lighting fixtures are to provide the necessary general lighting in the room and portable lamp or fixed wall bracket are to provide local lighting for such seeing tasks as reading, sewing, games, work centers, and the like.

The number and size of lighting fixtures and lamps needed in any home will be dependent upon: (1) the size of the room, (2) the height of the ceiling, (3) the color of the walls and the ceiling, and (4) the use that will be made of each room.

Let's think now of points to consider in selecting lighting fixtures—that is for general lighting. First, every light bulb should be covered by

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some type of diffusing globe or shade so the lamp bulb cannot be seen. Remember to bare lamp bulbs! Shading lamp bulbs reduce harmful glare and help eliminate shadows which make sewing difficult. Properly shaded light also helps to distribute light in the room.

Our homes differ in size, design, and style; therefore, the type fixtures we select will depend upon the type of the home. Good type lighting fixtures are available in single units with one, two or more lights and also good type cluster fixtures with two or more lights which have separate shades. To get the best quality of shadowless light, we should not see even the location of lamp bulb in the fixture.

An interesting fact in selecting fixtures is to consider that one 100 watt lamp bulb and four 25 watt lamp bulbs use the same amount of electricity but you get 50% more light from the 100 watt bulb than you get from the 25 watt bulbs.

Fluorescent lighting is not widely used in homes today due to the size and shape of the fixtures; however, it is used to some extent in kitchens and for work centers. As new designs and styles are developed, we will see it more widely used. If you plan to install fluorescent lighting you should be sure it is the size and type to fit your need.

Now let's consider the selection of portable lamps for the home. Portable lamps are important in home lighting. In homes it is neither practical nor attractive to use ceiling fixtures or lamp bulbs large enough to give the proper amounts of light for reading, sewing, or study, etc. Light drops off or diminishes rapidly and by the time light from the ceiling fixture reaches a table or chair, it is not sufficient in amount for safe sewing for close eye work. When portable lamps are used in addition to ceiling fixtures the proper amount of light where it is needed.

The two types of portable lamps most used in homes are lamps for decoration and lamps for safe seeing. We will talk about lamps for safe seeing. Let's call them Better Sight Lamps. These lamps are equipped with plastic or glass diffusing bowls. The bowl directs a portion of the light to the ceiling to be reflected back into the room and results in reducing sharp contrasts. Also, a large portion of diffused light comes through this diffusing bowl and is directed onto the seeing task. The light coming through the bowl is free from shadow and glare - an important factor for safe seeing.

Better Sight Lamps are made in table, floor, bridge and wall types and are equipped with a diffusing bowl suited to the size of the lamp. A lamp for reading or study should never use less than 100 watt bulb and should be placed near the work.

Lamp shades are important consideration for good lighting. They should be:

1. Wide at the bottom to direct light over a wide area.
2. Open at the top to allow a portion of the light to be reflected upward.
3. Sloping sides to help direct light over a wide area.
4. White shade to reflect the light and not absorb it (the outside of shade can be any desired color to harmonize with the room).
5. Made of material dense enough to conceal the location of the light source.

In the selection of lighting fixtures or portable lamps ask yourself:

If it will provide enough light for safe seeing in my home?

If it will provide light without glare?

If it will harmonize with my home?

If it is of good quality, modern design, and easy to clean?

If you would like to get further information or help in selecting lighting fixtures or lamps for your home, you can contact me in Hillsville, Virginia, Miss Sarah Moore, with the Appalachian Electric Power Company, will be glad to help you with your home lighting problems, or better still attend the Home Demonstration Club meeting in your community this month.