

Virginia



AGRICULTURAL EXTENSION SERVICE

Annual Report

- Home Demonstration Work

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1951

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Southampton

COUNTY

Asst. Agent

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COUNTY SITUATION

• • This is a summary of activities conducted through Home Demonstration work connecting with Virginia Agricultural Extension Service in Southampton County.

The activities were conducted to show farm families that the rural way of life may be liveable and happy. The two emotions derive from following better practices in homemaking, learning the needs of the family and community, and meeting them. Also, to appreciate the modern and convenient methods and material things available for the improvement of their living conditions.

The objectives for the year's program were set up through a common interest of the Home Demonstration and 4-H Club members because of the needs in the homes and communities.

Better housing is considered one of the major problems in this county. Two-thirds of the Negro rural families do not have running water in their homes. It is true that 47 of those homes have improved on their water systems in the past year, but there is still a need for more families to become conscious of the advantages and conveniences. Improved screening, painting of interior and exterior, mail boxes, and bedrooms, including the bed, are a few of the problems on better

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housing attacked during 1950-51. But, Home Demonstration members feel that to eventually have and own a liveable and happy home, some phase of the problem should be conducted each year while there is a need for it. Thus, "Better Housing" has again been selected from the District Goal to be conducted as a result demonstration project with emphasis on "the living-room."

Because of the large quantity of animal stock in this county, a large amount of feed bags are accumulated in each home. Through a need for wanting to put these bags and other materials to good family use "Clothing" was a project selected by both Home Demonstration and 4-H Club members. Although this project had been selected before for both groups, the 4-H Club members felt that one year of work was not enough to insure good stitching and hand work; and the Home Demonstration Club members were interrupted half way through their clothing project by becoming a part of the 35,000 women who introduced the United Nation's Day flag to the world. Though much pleasure and recognition were derived from this project, the women felt that some of the basis of clothing were left unlearned.

Bread making and Food Preservation are being carried by both club groups to aid the family with its nutritional problems.

IV. SUMMARY OF ACCOMPLISHMENTS

The Home Demonstration work in the county has been centered around foods and nutrition and better housing with demonstrations to assist adults. There are seven Home Demonstration Clubs in the county with an enrollment of 151 members. The clubs are located in five of the seven magisterial districts. Through club members, approximately 347 other women have been reached through project work. Fifty method demonstrations were held by the agent, with 612 women attending. Since leaders were trained to conduct meetings and give demonstrations, 24 meetings were held by them and demonstrations given to 292 women pertaining to the project. One hundred twelve 4-H meetings were held by agent and local leaders, and demonstrations given to 1,846 girls. All enrollment figures are not minus duplications.

During the Foods and Nutrition Projects, two phases of food preservation have been emphasized--canning and freezing. Canning has played a major part in the lives of farm families for preserving fruits, vegetables, and meats. During this year 15,870 quarts

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of fruits and vegetables were canned by Home Demonstration women, and 2,981 quarts were canned by 4-H girls. Since there are three deep freezers and one frozen locker in the county, freezing, with all its advantages over canning, is becoming more and more popular with the farm house-wives in Southampton County. Farm women have frozen 866 pounds of fruits, vegetables, and meats during the past year.

While working on better housing, which is a result demonstration and has been carried since the 1950 program was set up, improving a bed-room, painting of exterior and interior and the family mail-box were demonstrated. Tours are to be conducted during the month of November for the purpose of showing progress and results of work done during 1951. The tours were also planned for the purpose of collecting ideas and learning new ways of doing things. It is hoped through these house to house tours within the clubs, that more women will be reached. Since working with better housing the club women have found that it will take more than two years to improve their homes to their satisfaction. Therefore, the result demonstration has been continued for the 1952 program of work with emphasis on "the living room.

There are twelve 4-H Clubs located in each of the seven magisterial districts with 270 girls. Like the Home Demonstration work, 4-H Club members included Foods Preservation along with their "Clothing" for the past year. They, too, feel that one year of Clothing is not enough, therefore, "Clothing" has been selected again this year.

Leader-training meetings and county-wide activities have been very useful in that it teaches a lesson and urges club members to reach other people with Extension work. At times, non-club members are asked to attend leader-training meetings given this year, such as the Lamp Shade Clinic, Deep Freeze Demonstrations, Sewing Machine Cleaning and Adjusting Clinic, and Bed Remaking Clinic. Through these clinics, 27 women were reached with Extension work for the first time. It has been found this year that more leader-training meetings and county-wide clinics, with follow-up programs in Home Demonstration Clubs, have proven very successful where there are large groups to reach.

ADULT WORK

In planning the 1951 program it was expected to contribute the following things: knowledge of

improving homes so that every farm family will be more comfortable and will reach other families to improve the comfort and appearance of their homes, and well-rounded, more wholesome meals for every family reached by Extension service. The program was also planned to help farmers receive valuable information on current methods of farming and housekeeping through designed programs in the county, educational homecomings, trips and tours.

BETTER HOUSING

While working on "Better Housing" seven months of demonstrations and discussions were used. These months included work done on the following topics:

1. Repairing and painting of the exterior
2. Making a comfortable bed
3. Arrangement of the bedroom
4. Walls
5. Closet storage space
6. Bedroom accessories

Various methods and materials were used to conduct demonstrations on the above projects. Leaders were trained individually and in county-wide leader-training meetings with the local agricultural instructor assisting

with two of the meetings--The Bed Remaking and Lamp Shade Clinics. The agent was trained by Mrs. Ruth Jamison, Blacksburg, for demonstrations on both clinics. Other demonstrations were conducted during regular Home Demonstration meetings with as many leaders participating as needed. The Tide-Water Fair was used as a teaching aid and method of checking on results of the information learned by club members. Booths were made up of work done on "The Better Housing" project. With a little assistance, the clubs' work became winners at the fair. Displays of the lamp shades in store windows acted as a stimulant for the members in that it encouraged them to continue learning to make the shades and thus, improve the lighting in their homes. As a result of the methods used, 39 lamp shades have been made. During the county-wide leader-training meeting on lamp shades, a demonstration was given by the agricultural instructor on converting oil lamps and making simple lamps from wood and plastic.

After making a survey of the number of old high head-board beds in the county, the "Bed Remaking" Clinic was started. It was found that these beds with the best of wood in them, were tucked away in lofts as well as in use in the so-called guest bedroom. Club

members were shown possible ways of remodeling them.

- A Refinishing Clinic will be planned for the following year.

Demonstrational material from Sears-Roebuck, such as wall paper and paint; and pamphlets and books from Sherwin & Williams, Suffolk, Virginia were used for project work on walls and arrangement of the room. Miss Ruth Jamison, Extension housing specialist from Blacksburg, trained the agent on the comfortable bed, walls, and bed-room accessories. A remodeled bed and correct bedding, and room accessories were samples of project work that was also placed on the fair. Tours are being made of all of the seven clubs to see results of work learned.

FOOD PREPARATION:

Food preparation was selected so that each club member could learn how to increase the food value and appearance of food dishes in order to feed her family wholesome, nourishing and attractive meals. Demonstrations were given to all club members and leaders were trained quarterly on project work and gave demonstrations during the absence of the agent. In each case, a food dish was prepared on the following subjects:

1. deserts and meringues
2. milk foods and drinks
3. tasty egg and cheese dishes
4. using home-grown and canned foods
5. salad making

During the "milk foods and drink" demonstration pasteurization of milk was included in that month due to a request of one of the club members. After conducting brief discussions concerning the topic, parents felt that they should be as well acquainted with the knowledge of pasteurization of milk as the 4-H girls and boys who had taken the project the previous year. Approximately one-third of the 151 families purchased thermometers and started pasteurizing their milk. Others saw the necessity for purchasing cows for the family milk supply.

OTHER ACTIVITIES

Among the other activities which the club members took part are: Home Demonstration Week, Tide Water Fair, United Nation's Day, and a result demonstration meeting on "Yard Beautification" held in Sand Hill Community. Dr. Watson, Horticulturist, from Virginia State College met with the club members at the result demonstrator's home. An outline for the arrangement

of the yard and types of shrubbery and trees to be planted was drawn, and club members were able to benefit from the meeting. Plans will be made for Dr. Watson to return to the county and help conduct meetings at two other homes of different communities where "Yard Beautification" is also a result demonstration.

Home Demonstration Week was observed by news articles containing the history and progress of various clubs, their communities, lamp shade clinic and display, raffles and rallies, and educational programs. Ivor Home Demonstration Club sponsored a community program and at the ned raffled a quilt made by club members, to the winner holding the lucky ticket. The purpose of the program was to acquaint other families with Extension work, reach more people and to raise funds for the club's expenses.

United Nations Day was observed by news articles from Zuni and Diamond Grove Clubs and United Nations flag displays in store windows. Each high school principal was asked to display the United Nations flag during United Nations Week along with a short program during chapel hour sponsored by clubs who gave the flags last year.

Five of the seven clubs participated in the Tide Water Fair this year. Work on display was taken from the projects on "Better Housing" and "Food Preservation." With three counties participating, Southampton County won two second places and two third places. We feel that this is an accomplishment over last year's third prize. This is only the second year of entry to the fair by clubs.

4-H CLUB WORK

SO YOU'D LIKE TO SEW

There are twelve 4-H Clubs located in each of the seven magisterial districts with 270 members. A beginning in clothing was started during 1951. "So You'd Like To Sew" was requested by club members because of the desire for each member to learn the importance of a pattern in cutting out material. They wanted to know how to make the whip stitch and other simple stitches that would enable them to advance to the extent that a simple blouse or head scarf could be made. Clubs were to display best work on Tide Water Fair.

Demonstrations were given to all clubs on the project work, and leaders were trained to assist with work in the absence of the agent. Junior project

leaders were used in many cases. They were trained individually and asked to help the younger club members and others with their project as well as collect other information and check on worksheets.

Demonstrations, home visits, and written material were given to 4-H Club members on the following topics during the year:

1. making a sewing box
2. making a list of articles for a sewing box
3. making a pin cushion
4. making a handkerchief
5. making a baby's bib
6. making a stuffed toy
7. making a kitchen or guest towel
8. making a laundry bag
9. canning fruits and vegetables and making tomato juice
10. making a simple apron
11. making a head scarf or simple blouse
12. members report and election of officers

Through discussions with leaders and children it was found that the study of the pattern was not complete enough, therefore, it will be included in this year's

project again. Never-the-less, out of 270 girls, 147 completed their projects in clothing--1,167 garments and articles were made.

Since this year marked the first time for any recognition shown 4-H children, their Achievement Day was planned in the form of individual club exhibits with ribbons and small prizes given for first and second places. All first place work was put in the 4-H booth at the Tide Water Fair, Suffolk, Virginia. Eight first, second, and third places were won. Recognition was also given adult and junior project leaders at the club exhibits. Three adult women from the Home Demonstration Clubs participated as judges. Two of the women were adult advisors for the 4-H Council from the County Advisory Board. All three women are clothing leaders in their own clubs, and do very good sewing.

During this project, the girls took time out a few months during the summer for "Food Preservation." Ninety-eight girls canned 2,981 quarts of fruits and vegetables.

It was hoped that through the exhibits and fair the children, leaders, and parents would be inspired to greater 4-H work for building better girls and women of tomorrow. The exhibits and fair were also used to reach more people with Extension service.

OTHER ACTIVITIES

"Rural Life Sunday" was observed by eight clubs. The girls and boys planned programs to be held during church services with the agent, leaders and teachers assisting. All club members and leaders were asked to be uniformly dressed and sit together at the program, National 4-H color ribbons were worn by all parents of club members.

National 4-H Week was observed in much the same way as "Rural Life Sunday". News articles were written, club songs were learned and sung, programs in church and school with parents and neighbors attending, and a bingo party was given by Damascus Club to help observe the occasion and add money to the club treasure. This week was planned to evaluate and display the 4-H accomplishments.

Other activities of 4-H girls were the 4-H State Short Course and Wild Life Conference at Virginia State College. Eight girls attended these conferences during the summer. Each girl brought back a report to her club. A report was given to the County Advisory Board by two 4-H members and the leaders. Girls and leaders will be used to assist with demonstrations on