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# VIRGINIA

AGRICULTURAL EXTENSION SERVICE  
HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

PITTSYLVANIA

COUNTY

1950

Agent MRS. VIRGINIA B. EVINS

Assistant Agent \_\_\_\_\_

Agent \_\_\_\_\_

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III. CONTRIBUTIONS OF THE 1950 PROGRAM TO BETTER FAMILY LIVING

Three home demonstration clubs were organized in Pittsylvania county in 1950 making a total of 19 home demonstration clubs located in 18 different communities and neighborhoods. Sixty regular home demonstration club meetings were conducted without the assistance of the home agent by leaders. Each leader had been trained at a leader training meeting conducted by the specialist or home agent.

The major part of the program for the past year was foods. In the foods program the women learned the importance of having a well-balanced diet and planning a balanced meal. Most of the women spend a great deal of time in the kitchen cooking at least 2 and most of the time 3 meals per day. They were interested in saving time and energy as well as prepare tasty foods and keeping it within the budget.

In December the home demonstration clubs made Christmas candies which could be served in the home or be given as gifts.

In February we had one-dish-meals and stressed the importance of saving time with a one-dish-meal. Next we had winter salads. The importance of leafy, green, yellow vegetables in the diet and fruit juices was stressed because most people neglect to eat the proper amount, causing a person to be more susceptible to colds.

The next thing we had in our food program was Buffet Meals, how to serve a large number people and enjoy it. Some hostesses have complained confidentially that they would prefer not to have company because they requires so much work and that they spent most of their time either in the kitchen cooking or washing dishes. Buffet meals were planned to provide a hostess with more time to be with her guests and dishes that could be made hours in advance so that the hostess would not be tired from working over a hot stove.

Frozen dásserts were used in the September program. The dásserts were deliciously made from dry milk, butter milk and plain milk. Many women were impressed by the use of dry milk and it's rich nutrition value and have been using it since.

The clubs have participated in drives such as Cancer, T. B. and Red Cross. Over \$700 was raised by the clubs toward the Cancer goal. The Airport club raised the largest amount of any clubs which was \$130.00. Various clubs that participated in the T. B. Association giving contributions, have taken patients and sent cards and small gifts and have made his or her stay at the sanitorium more pleasant.

The Mount Cross club for several years has worked toward their goal, secure a recreation center. Their dreams are about to be recognized for they have gotten the building well under way and plans are being made for opening date in the near future.

#### IV. ADULT

Six home demonstration club meetings were devoted to foods and nutrition in the 1950 program.

##### [1] Foods and Nutrition

The December meeting subject was "Making Christmas Candies." The objectives were: teach the principles of making candy at home, have the homemaker try new candy recipes and serve a larger variety of homemade candy to her family and guests during the Holidays, and to make candy as Christmas gifts from the kitchen.

Mrs. Mary Thompson, assistant food specialist, held a leaders training meeting in October with 27 leaders present. The demonstration was given to 15 clubs with 270 women present, leaders gave demonstrations without the assistance of the agent. The women were asked to wear cotton dresses to the meeting or bring an apron. At the meeting they were divided into groups, each selecting a recipe and under the supervision of the foods leader or home agent, they made candy. Recipes were given to the members to take home. In addition to the 270 recipes given to the members, an additional 150 were requested by members and non-club members, totaling 420 candy recipes passed out. The Martinsville Road club which was organized later and did not have the benefit of the candy demonstration this year, held a special meeting and Mrs. Jessie Chamberlain and Mrs. Blanche Shelly from the Airport home demonstration club, gave the demonstration to the Martinsville Road Club. Mrs. Blanche Shelley says, "Since I learned to make pulled mints I have thoroughly enjoyed making them for my family and as gifts for friends."

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(2) One Dish Meals

In February we had for our demonstration "One Dish Meals." The objectives were to teach the importance of the basic seven and what they mean to each individual and her family in the diet. This means it is not necessary to serve a large number of different dishes to get the Basic Seven. To conserve time, energy and fuel by serving one-dish meals, to cut the cost of preparing meals by using left overs.

Mrs. Mary Thompson gave a leaders training meeting with 24 leaders present on planning and preparing one-dish meals. The twenty-four leaders in 12 clubs gave the demonstrations without the assistance of the agent with 191 members present. Posters showing the Basic Seven, and discussions were held on the value of the Basic Seven in the diet and the importance of proper meal planning to the family's health and budget. Eleven of these demonstrations were held at 6:00 p. m. and a one-dish meal with salad, dessert and beverage was served to the group after the demonstration. Recipes were given to each member. Several ladies reported how they had saved time and fuel by serving left overs to their family in appetizing one-dish meals, especially when it was necessary for them to be away from home or help with the work outside.

(3) Winter Salads

The importance of a salad in the diet, to influence more people to eat a vegetable or fruit salad (in the winter months when their resistance is low and they are more susceptible to colds) by serving attractive salads. To use what we have at home for making salads, include a salad in our diet every day. How to arrange and serve an attractive salad.

Twenty-seven women attended a leaders training meeting given by Mrs. Mary Thompson, assistant food specialist.

Fourteen leaders in 7 clubs gave demonstrations without the assistance of the agent with 76 persons present, but 276 members attended the home demonstration club meetings and saw the demonstrations on winter salads. A discussion was lead by the

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leader or agent as what could we find in our pastry shelf or vegetable bin which we could use for a salad. How to make homemade salad dressings, canned fruits and cottage cheese were among the most popular subjects mentioned. The importance of eating lettuce around the salad. The demonstration - the leader or agent gave a demonstration on three different salads (congealed when used) were made before the meeting. Then each member was asked to make a salad and the salads were evaluated by selecting the best salad for attractiveness, appetizing and nutritional standpoint. How to serve a salad as a main dish or use it as an individual salad was also stressed. The salads were served for refreshments. Mrs. Adams Edwards from the Renan club said she had been able to get her husband and children to eat more salads by using the methods she had learned at none demonstration club meetings than before because they were so attractive. This is typical of many oral reports I received from the members of the clubs.

#### (4) Meals for losing and gaining weight

In April the demonstration was meals for losing and gaining weight. The objectives were: how to lose weight and still get a balanced diet, how a homemaker could plan her meals for the family and still have a low calorie diet for herself, how to count calories, how a person under weight can gain weight.

In most of the clubs meals for losing weight was stressed. Two low calorie dishes were prepared by agent or leaders and menus were planned for three days for a person wishing to lose weight - with the family on a normal diet. Discussion was used on how to count calories and the value of calories by comparison of calories in bulk of 100 calories - cornflakes, whipped cream, white bread, hershey chocolate, etc. Exercises were given as a demonstration to reduce hips, waist and strengthen abdomen muscles. Several women expressed the desire to follow this diet. Seventy-six additional requests from members and non-members asking for information on diets for losing and gaining weight. Eight leaders gave demonstrations without the assistance of the agent with 108 members present.

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(5) Buffet Meals

In July the demonstration was "Buffet Meals" and eleven clubs had their demonstration without the assistance of the home agent. Mrs. Mary Thompson, assistant food specialist, gave a leaders training meeting with 29 leaders present. The leaders were trained and 22 gave the demonstration to their clubs. The meetings were scheduled at noon time or dinner and the members enjoyed it. The menu was selected and plans were made for most of the food to be contributed from what the members had at home. Then the members arrived each one was given a responsibility and contributed from what her part was in helping cook and serve the buffet meal. The objectives were to help the homemaker serve a large group in her home with a minimum amount of work so the homemaker may enjoy her guests, to plan meals which much of the work could be done the day before. Three hundred and fifty-two members were reported at the meeting and each one enjoyed and showed enthusiasm on new dishes prepared and buffet services. Recipes were passed out, and drawings showing the correct arrangement of a buffet meal table.

(6) Frozen Dessert

In September the demonstration topic was "Frozen Dessert." A leaders training meeting was held with 29 leaders present. The leaders gave the demonstration to their clubs discussing the nutritive value of a frozen dessert in the diet. The time saving methods of making a frozen dessert in advance, using low calorie frozen dessert, how to freeze the dessert in a minimum amount of time and not to have it icy. Two hundred and seventy-one club members attended the demonstration and were given recipes.

(7) Art

The May and June meetings were devoted to Try Painting and Stenciling. Miss Catherine Peery, rural arts specialist, held a 2-day leader training meeting in April with 21 leaders present and trained the leaders. The objectives were to teach the basic art principles in selection of line, color and design, how to transfer a design to a troy. The use of oil paint and stencils powder, encourage each woman to express herself in the design she put on the troy. The leaders returned to their clubs and bought the supplies from the club's money and each member was asked to bring a troy to the club meeting. She selected a

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suitable design and if she did not complete it a special meeting was called so the members could complete their trays. Eleven of these meetings were held and 278 trays were reported completed. Several members bought supplies and are painting trays for Christmas gifts. These were 38 trays exhibited at the Danville Fair.

(8) Clothing

Good Grooming was the subject for the November demonstration. The objectives were to emphasize the importance of looking your best at all times. The important factors which health contributes to a person being well groomed. Care of hair, skin, feet and body were stressed. The importance of having good posture, how to select and care for clothes which will look the best on you with a minimum cost.

A leaders training meeting was held with 18 women present. They received instructions for the demonstration on how to be well groomed at all times. The importance of keeping our bodies clean and applying make-up properly and why we should get a balanced diet was stressed. Demonstrations were given on how to test if you have good posture, how to stand, sit and pick up things correctly. Thirteen leaders gave the demonstration with 281 members present, using posters and pictures to emphasize their points. Much enthusiasm was shown and as Mrs. Ruby Eanes from the Martinsville Road HDC said, "we enjoyed this demonstration so much because everyone is interested having a better personal appearance."

(9) Buying and Selection of Shoes and Hosiery

The subject for demonstrations in October was "Buying and Selection of Shoes and Hosiery." The object of this demonstration was to teach the women to make a wise selection in buying shoes that would be comfortable and serviceable and still be pretty. The care of the feet was also stressed. Also to be able to buy hosiery that are the most serviceable and durable for wear and not to expect the same wear from a pair for dress as a pair for work and being able to recognize the difference between a pair of work and dress hosiery. A demonstration was given on buying hosiery, members brought old hosiery to club meetings and the wearing quality of the hosiery was pointed out. Posters and pictures were used to show the differences in gauge, denier, length and the difference between the seamless and those with

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with seams. This demonstration was of value to the women because it will make them realize the importance of asking for a specific gauge, denier, and length when they buy hose, rather than just ask for a pair of hose. This is the way they can economize and buy hose for the purpose they expect to use them. Care of hose was emphasized and Mrs. Coalidge Owen of the Blairs club said she got so much out of this demonstration because she had been doing everything wrong in caring for her hose.

(10) Growing and Planting Perennial Flowers

The January meeting was devoted to growing and planting perennial flowers. The objectives were to have the women plant a larger variety of perennial flowers in their homes so they could be cared for with a minimum amount of work and have beautiful flowers all summer. To help improve the appearance of the community by planting flowers in the yard, landscape yards and make long range planning for the future, proper planting methods and care for different perennials.

At the meetings the leaders led a discussion on growing and planting perennials. They discussed the selection of hardy varieties for this section, also use of fertilizer and rodent control. Each member was asked to bring to the April meeting one flower which she would exchange with another member.

B. OTHER ACTIVITIES

(1) Federation Goal

The Federation Goal for Pittsylvania county was Home and Community Beautification. The goal was selected by the county committee to work on for the 1950 program. One home demonstration club meeting was devoted to the federation goal and the need for home and community beautification was felt very strongly. The women desired to improve their own houses and improve the general appearance of their community. Over 600 improvements were reported. Three hundred and forty-eight members participated in the federation goal. Each club had its own federation goal leader. Mrs. George Shields from the Blairs club was president of the county federation goal. The clubs reported 34 mailboxes improved in the Airport and Laurel Grove clubs. The women in the Airport club met

with the Public Works Department of Danville and asked them to paint 9 homes owned by the city of Danville which they did.

Three clubs landscaped school grounds and three clubs landscaped and made improvements on the church grounds. Other improvements made were landscaping the yards, making long range plans for improvements, planning outdoor fireplaces and buying or making lawn furniture. The members had a flower and shrubbery exchange. Each member brought a flower or shrub to her respective club and exchanged it with a member for something that she did not have. Driveways were reported improved and flower borders planted. Thirty-eight members reported planted grass and reseeding lawns.

The women chose to continue the goal for 1951 and they have made plans to carry out an extensive program on the federation goal, not only the club members but the whole community. A five minute talk will be given at each club meeting on some phase of home and community beautification.

(2) T. B. Association

The T. B. Association asked the cooperation of the home demonstration club women to aid in moral and financial support of the destitute patients from Pittsylvania county who are at Hilltop and Blueridge Sanitoriums. Thirteen clubs have responded and the clubs took one patient and sent cards, small gifts and money to buy medicines and supplies for those financially unable. Guest speakers were sent to the home demonstration clubs which requested one to discuss the importance of educating a person to protect him or herself against T. B. and to ask the cooperation of the women in assisting in the Chest X-Ray mobile unit. Over 258 women reported having chest X-rays last year. The Martinsville Road home demonstration solicited the public places in their community and received \$89.00 for the drive. The Hairs home demonstration club contributed to the support of a patient's family who was in the sanitorium. They contributed canned foods, clothes and assisted in the purchase of a fuel for the family.

Mrs. Sally Pugh, executive secretary, says through the efforts of the home demonstration clubs it is impossible to measure in dollars and cents the value of their work to the T. B. Association through moral and financial support.

(3) Cancer Drive

Dr. Earnest Overbey, chairman of the Pittsylvania county Cancer campaign, asked the cooperation of the home demonstration clubs in assisting the county in raising the cancer goal, to educate

the people on the dangers of cancer and the importance of physical examinations. The health leaders in each club served as chairman of the Cancer drive in their communities. Posters and contributions cups were placed in various communities and soliciting from house to house. Excellent cooperation was given to the drive because a strong need is realized throughout the county of the importance of advanced research to combat cancer. The home demonstration clubs collected more than \$700 of the goal. The Airport club received the largest contribution of \$130.00.

(4) Red Cross

Fifty-three of the home demonstration women participated in the annual Red Cross Drive through serving as chairman of districts and doing soliciting for the drive.

The home agent took an instruction course in home nursing and plans are being made to teach a home nursing class in the Hurt and Brosville communities.

(5) National Home Demonstration Club Week

200 club women participated directly in observing National Home Demonstration Club Week. To help more people understand and become acquainted with home demonstration club work in the county and invite new members to the club. The county committee planned a tour of Mrs. Evelyn Mann's home in Gretna. Mrs. Mann had completed a project in refurbishing her home in plastics, working in cooperation with the Farm Journal and Extension service. The committee served punch and cookies to the guests and 116 HDC women attended. The district meeting held at Charlotte Court House was attended by 23 women. The Concord club members toured Den River Mills to celebrate National Home Demonstration Club Week.

Five radio broadcasts were given discussing the work and organization of home demonstration clubs in the county. Mrs. George Shields of the Blairs club said she was glad we had the opportunity to have a program emphasizing the work of home demonstration clubs for offering skills and materials for the homemaker to take the advantage and use in her every day homemaking.

(6) Community Houses

For many years it has been the goal of the Mount Cross home demonstration club to have a community center where the young people in the community could go and have a good time, not having to go out of the community. \$2200.00 had been earned through various ways and put in the treasury. The money was used to purchase

some barracks from Fort Bragg and they were moved to the location. The lot had been bought previously. The club incorporated itself and started making plans to finish paying for the building and buy furnishings for it.

The Laurel Grove home demonstration club has felt the need and realized a desire for a community building. They have set aside a building fund and plans are underway to earn more money and have the building started in the near future.

The Concord club is interested in a community center and have appointed a committee to investigate the possibilities of a community house and make plans to build one. This committee has not reported to date.

(7) Danville Fair

To create more interest and have a better exhibit the Danville Fair agreed to give the home demonstration club a 45 ft. booth and give individual prizes, also prizes for the clubs having the most points. \$75 - first prize; \$50 - second; \$25 - third and \$15 - fourth. \$10 was given to each club to cover expenses of travel and cost of putting up the booth. A committee was appointed by the president of the county committee; Mrs. Mary Moore, Martinsvill Road HDG, Mrs. George Savage, Mount Cross I and Mrs. James Andrews, Mount Cross II club. The committee made a list of exhibits and were approved by the Danville Fair Association. This committee also directed putting up the booth.

The response from the clubs was excellent. Over 500 exhibits of outstanding quality were exhibited by twelve clubs and \$550 was paid to the clubs. Mr. Finch of the Danville Fair Association, said "this is the best response and exhibit we have had from the home demonstration clubs and many other favorable comments were made on the booth."

(8) Handbook

To improve the quality and use of the handbook, the committee decided to have a printed handbook for 1950. Advertisements were solicited by the committee to pay for the cost of printing. The handbook was useful to each member with a list of suggested activities for each month, besides having information concerning club meetings, dates and hostesses. The committee voted to have the 1951 handbook

printed.

(9) United Nations Flag

To help educate the public about the work of the United Nations, to ~~recognize~~ <sup>recognize</sup> the United Nations flag and learn the rules of flying the United Nations flag was the goal of the home demonstration clubs in Pitts Lvania county. Twenty flags were made for churches, schools and boy scout clubs in various communities. The women met and worked on the flag besides regular home demonstration club meetings. 12 schools put on special programs at the time of the flag presentation to the school. Mr. Rickman, principal of the Dan River High School, expressed his thanks for the flag which had been presented to the high school following the skit, "Let All Flags Fly" by Miss Catherine Peery, extension service, by saying each child in the auditorium had realized and had more pride in the United States and United Nations flag and more were more conscious of his or her responsibility as a citizen.

(10) Recreational Activities

The women enjoy recreational part of the program very much. 19 clubs reported having Christmas parties last year besides their regular meetings and 17 clubs reported having picnics in August. The Mount Cross club had a steak dinner and invited all of the members' family in April. The Motley club had a chicken fry in September and all the other clubs reported picnics. The Martinsville Road club had a Bingo Party for the community and earned \$116.00. The money was used to buy a bed, medicine chest, first aid supplies for the first aid room in Coates Elementary school.

V. 4-H CLUB

A. Project Work

1. Clothing

To teach the 4-H club members fundamentals principles of sewing. How to thread needles, straighten material and use the sewing machine was the point stressed in "So you'd Like To Sew" project. This project was completed 100%. 81 girls reported having an equipped sewing box. 38 made exhibits and 12 gave demonstrations. 369 different articles

made such as headscarfs, aprons, laundry bags, baby bibs and towels. Demonstrations were given on making towels, pin cushions, needle cases, headscarfs, aprons, and laundry bags.

In "Make or Re-Make" 61 girls completed, made 138 garments at a cost of \$352.00 for themselves. Thirty-nine girls made new garments for another person at the cost of \$126.00. Twenty girls remodeled 30 garments at the cost of \$80.00, 10 girls remodeled 12 garments at the cost of \$67.00. Seventy girls reported owning patterns and having equipped a sewing kit.

Demonstrations were given on selecting material and pattern. Fitting and altering the pattern, placing the pattern on the material and basting a garment and sewing on the machine were also demonstrated.

#### (2) Food Preparation Project

Seventy-six girls were enrolled in "Food Preparation" and 60 completed the project. Demonstrations were given on measuring wet and dry ingredients, reading recipes correctly. Studying the Basic Seven and meal planning and table service. They planned the family dinner 1187 times, 284 reported times planned and packed school lunches, set table - 3380 times; made cakes 279 times; cookies 385; 83 made milk dishes; made salads 2387 times; cooked vegetables 1330 times; help prepare and serve club refreshments 38 times; and took food to club meetings 8 times to be judged. Twenty-three exhibited at the Danville Fair.

Sixty completed "Bread Making" project out of 102. Biscuits were made 580 times; cornbread 152 times; muffins 194; griddle cakes 85 times; waffles 85 times; loaf bread 42; yeast rolls 56 and Sally Lunn 36 times. Demonstrations were given on measuring wet and dry ingredients, setting the oven, making biscuits, cornbread and muffins.

#### (3) Home Improvement

To help the girls care for their own rooms and improve them to be more attractively and convenient; 14 out of 22 girls completed this project. Demonstrations were given in making a color scheme, furniture arrangement, making a dressing table and slip covering the headboard of a bed. Twenty-four pieces of furniture were made or remodeled and 19 pieces were renovated, or refinished. Eight made bed linen; 8 made or bought furniture; 18 members made color plans for their room and 22 improved the arrangement. Sixteen improved window treatment.

In Room Care and Arrangement 110 girls completed. Demonstrations were given on care of the room, making a dustless dust cloth, equipping a cleaning kit, proper use of furniture polish, wax. Twenty-eight girls

exhibits. One hundred and ten girls cared for room more than 3 months. Ninety-three re-arranged furniture; 79 made a dustless dust cloth; 110 made a cleaning kit; 126 made scarfs for furniture.

(4) Food Preservation

To improve the diet and cut the cost of living was the goal in food preservation. Eighteen girls completed this project. Demonstrations were given on canning vegetables and fruits. Freezing; strawberries. Seven hundred and five jars of food were reported as canned alone and members helped can 838 jars. Canned products were judged three times. One hundred and seven packages were frozen alone by the members and they helped prepare 281.

(5) Laundry

Thirty girls took Personal Laundry to learn how to wash, iron and care for their own clothes and 30 completed the project. Demonstrations were given on washing sweaters, hose, rayon slips and cotton blouses.

Seven girls took family wash, demonstrations were given on how to remove spots, helpful laundry hints, proper way to hang clothes, folding dry clothes and lining a clothes basket. The girls reported doing the wash 28 times by themselves.

(6) Garden

Thirty-one girls completed the home garden project with total receipts of \$1870.85. They raised and canned a large variety of vegetables.

Ten girls participated in the Sears-Roebuck contest and the five winners earned \$63.00. The gardens were scored in June and again in September. Each girl canned from her garden and the five best vegetables or varieties were exhibited at the Sears-Roebuck store in Danville.

(7) Home Grounds Beautification

Twenty-six girls completed the Home Grounds Beautification project. To improve the appearance of the lawn and their community was the goal. They reported assisting in reseeded, landscaping, mowing lawn, and planting flowers and three girls reported planting a rock garden.

## B. OTHER ACTIVITIES

## 1. Danville Fair

One hundred and thirty-eight girls made exhibits from their projects at the Danville Fair. Individual prizes were given for exhibits and the 4 clubs winning the largest number of prizes were given a grand prize. Over \$775 was won in prize money.

## 2. Camp

Three girls attended state Conservation Camp at Holiday Lake. Twenty-eight girls attended district camp at Holiday Lake in June. Three counties were represented. Ten girls attended the State 4-H Short Course at Blacksburg in June, (State-wide camp.)

## 3. Lynchburg Farm Show

Seven girls entered the Dress Revue in the Lynchburg Farm Show, and eight exhibits were made in clothing and bake goods.

## 4. Rural Life Sunday

The Concord 4-H Club put on a special program for the two churches in Rural Life Sunday.

## VI. SCOPE OF WORK

Number Home Demonstration Clubs or Groups	1948	1949	1950
Membership	341	322	400
No. 4-H Clubs	21	23	30
Membership	451	408	448
Number Older Youth Groups	-	-	-
Membership	-	-	-

Number of other families reached 1948 6932 1949 4500 1950 6500  
 Total number families reached 1948 7278 1949 5000 1950 7500

## VII. ORGANIZATIONS FUNCTIONED IN THE 1949 PROGRAM.

## 1. County Board of Agriculture

The county Board of Agriculture has functioned in connection with the professional workers council. The county is

divided into 14 communities and in each community there are small neighborhoods with a chairman (man) and co-chairman(woman). Work with the County Board of Agriculture has been left to the Extension Personnel and through them we can determine a good many of the needs and assist in meeting them. More development and strength of this organization is needed.

2. County Home Demonstration Committee

The county home demonstration committee is composed of presidents of the home demonstration clubs. This committee has 19 members. Two meetings were held the past year, one in the spring and to check the program for the year and to make out necessary changes, to plan a tour for National Home Demonstration Club Week. The Board met again in the fall to plan the home demonstration club program for the following year. This committee is composed of members from 19 different communities and neighborhoods and it functions in county-wide capacity.

3. County 4-H Club Council

One meeting was held with the officers from the thirty 4-H clubs in the county. Twenty-three members were present. The goals were set up for the 4-H club program for 1950 and the club programs were planned for 1950. Officers were elected to serve for the following year.

4. 4-H Honor Club

Five meetings have been held the past year with the 16 members present. They have served as junior leaders and assisted in trying to organize a committee of 4-H clubs. New members were taken into the Honor Club meeting of 4-H club members on Achievement Day with a candlelight service and initiated at a meeting after the Achievement Day program the following week. At this meeting new members also selected their extra activities which they would like to work on and a motion was made and carried that the Honor Club meet six times a year instead of four times.

VIII. ACTIVITIES OF VOLUNTEER LEADERS, ETC.

There are 76 officers in the home demonstration clubs, 19 federation goal chairmen and 272 club leaders listed. These leaders are valuable to the agent and to the extension program because they permit the agent to have more free time and carry on

a more extensive program in the county. Last year 60 meetings with 843 members present were held without the assistance of the home agent or her being present. Mrs. Bill Cousins of the Motley HDC has done an exceptionally good job on leadership. Mrs. Cousins' club has been organized for one year and they have conducted 6 of their regular meetings without the assistance of the home agent and have held meetings on subject matters which they were particularly interested in, outside of the regular meetings.

The home demonstration club women in the county are realizing the importance of their service as leaders to the extension program and therefore more are volunteering to serve. In the past year the county committee set up in their program that 5 home demonstration club meetings would be conducted without the assistance of the home agent.

Mrs. Dorothy Lewis, teacher and leader of 4-H club work at Hurt, has showed interest and ability for leadership in her community. She has organized 4-H clubs of interested boys and girls in 4-H club work. Mrs. Lewis' initiative in interests will aid in promoting a strong club. Leaders for 4-H clubs are one of our greatest needs in this county.

Growth of Home Demonstration Club Project Leadership	1948	1949	1950
No. project leaders and goal chairman	48	53	76
No. Training meetings held by Specialist		2	11
by Agent		4	5
Attendances at all training meetings		60	246
No. Club meetings held by leaders without agent present		23	60
No. Club meetings at which leaders assisted		61	181

Growth of 4-H Club Project Leadership	1948	1949	1950
No. adult project leaders	17	18	15
No. junior project leaders	8	9	7
No. training meetings held By Specialist	1	1	2
By Agent	3	4	4
Attendance at leader training meetings	28	32	33
No. 4-H leaders trained individually	0	3	7
No. club meetings held by leaders without agent present	5	3	3
No. club meetings at which leaders assisted	66	66	58
No. demonstrations given by Leaders	10	10	18
By adult	0	9	18
By junior	9	0	32

## II. WORK IN COOPERATION WITH OTHER AGENCIES

In 1930 the home demonstration clubs cooperated with other agencies such as TB Association, Red Cross and the Cancer Drives. The TB Association asked the cooperation of the home demonstration club women to aid in moral and financial support of the destitute patients from Pittsylvania county who are at Hilltop and Blue Ridge sanatoriums. Thirteen clubs responded and the clubs took one patient and sent cards, small gifts and money to buy medicines and supplies for those financially unable. Martinsville Board home demonstration club solicited public places in their community and received \$89.00 for the drive. Blair's home demonstration club contributed to the support of a patient's family who was in the sanatorium.

Home demonstration clubs cooperated in assisting the county raise the Cancer Drive goal, to educate the people on the dangers of cancer and the importance of physical examinations. The health leaders in each club served as chairmen of the Cancer Drive in their communities. The home demonstration clubs collected more than \$700 of the goal.

Fifty-three of the home demonstration women participated in the annual Red Cross Drive through serving as chairmen of districts and doing soliciting for the drive.

## I. SIGNIFICANCE OF THE YEAR'S WORK

The importance of extension work would be hard to value in dollars and cents. Nineteen home demonstration clubs are organized in 18 different communities with a membership of over 600. Three of these clubs have been organized in the past year.

The sugar part of the program last year was foods and many of the women in this county have to work out in the field and through the home demonstrations club program have planned to have a well-balanced diet and save time through one dish meals.

Over 1500 new recipes were reported as being tried for the first time.

The home demonstration clubs tend to bring the community closer together through the meetings and the work they have done, they have also made a stronger community through both work and social functions.

In Tray Painting the women enjoyed expressing their own ability and personality by painting trays. Mrs. Judd Morris from the Oak Grove home demonstration club said, "it isn't that our trays are so pretty, but we get so much fun from trying." The women from time to time have expressed their gratitude for having the opportunity of learning and working together in the home demonstrations clubs.

The agent thinks important to know that 19 clubs have been organized and five more have been requested. This shows that the women are discussing with their neighbors what they can learn from the home demonstration club and the women in other communities are anxious to have a home demonstration club.