

VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

ROCKSBIDGE

COUNTY

1949

Agent Alice George - Oct. 1, 1949 to Nov. 30, 1949
Date worked from to

Assistant Agent Annabelle W. Hicks - July 1, 1949 to Nov. 30, 1949
Date worked from to

Agent Lucy O. Wall - Dec. 1, 1948 to Sept. 30, 1949
Date worked from to

Assistant Agent Elizabeth Donald - Dec. 1, 1948 to June 30, 1949
Date worked from to

This report carries the work of:

Miss Lucy O. Wall (Home Agent) - December 1, 1948 to September 30, 1949

Mrs. Elizabeth Donald (Asst. Home Agent) - December 1, 1948 to June 30, 1949

Mrs. Annabelle W. Hicks (Asst. Home Agent) - July 1, 1949 to November 30, 1949

Miss Alice George (Home Agent) - October 1, 1949 to November 30, 1949

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III. SUMMARY

For a number of years home improvement, with emphasis placed on house furnishings and housing, has been a long time goal carried by home demonstration clubs in Rockbridge County.

The 1947 and 1948 programs have included the improving of the living room, dining room, work room, kitchen, and halls, which gave such satisfaction as to lead the home demonstration club women to place emphasis on bedroom improvement in 1949.

The following results show that 460 families have been assisted this year in repairing, remodeling, or refinishing furniture or furnishings.

The housing program has continued in 1949 with outstanding interest, with 22 homes visited by agent or specialist with guidance given in constructing or remodeling dwellings.

The housing program has further improved family living with 66 families providing needed storage space in their homes.

In 1948, 313 homes were constructed or remodeled.

Although, only 17 homes were constructed or remodeled this year, it is encouraging to find that the homes constructed last year are being attractively furnished because of skills learned at the home demonstration club meetings.

Outstanding in skills learned has been the making of down comforts from feather ticks. Twenty-five down comforts have been made with an estimated saving of \$250.00.

The highlights of the foods project for adults was the study made of meat cookery and buffet meals which proved most helpful to homemakers serving groups in both the home and the community suppers.

The home demonstration club market in 1949 showed an income of \$14,820.88 with the market open 52 days in 1949. In 1948 the club market showed an income of \$16,885.84. This amount makes a substantial contribution to 17 families in Rockbridge County.

Citizenship with emphasis placed on county government in 1949 was a continuation of a long time program carried by the home demonstration clubs. The outstanding achievement in this program was the cooperation of the lawyers in the county, who spoke on some phase of county government in the home demonstration clubs.

In the adult program in 1949, the highlights of the federation goal - Library - were: one book review was given in each of the 22 home demonstration clubs; approximately 525 books were read by the home demonstration club members; 38 home demonstration club members are to receive the reading certificate for having read five or more books from the approved reading list. The number of families reached by the library was approximately 200.

The highlights of the 4-H Club work in 1949 has been that the enrollment and completion of 4-H projects with girls has been about the same as that of 1948, even though there have been four changes in home agents and assistant home agents. In the 4-H organization, 279 girls completed 328 projects. These projects included: clothing, home improvement, housekeeping, food preparation and food preservation. An estimated saving of \$683.90 was realized from these projects.

Another highlight of the girls project work was having three winners in the area 4-H contest and one in the district contest.

At the 4-H Achievement Day, 10 of the 14 4-H Clubs set up an exhibit to show the project work done in their clubs. The plaque was awarded to Effinger, Senior 4-H Club for outstanding project work and participation in community activities. The banner was awarded to Fairfield Senior 4-H Club for the best exhibit at the 4-H Achievement Day. Approximately 150 attended the Achievement Day.

IV. ADULT

A. Project Work

1. House Furnishings and Housing

(a) Bedroom Color Schemes and Remodeling of Bedroom Furniture -

The purpose of this demonstration was to teach people to plan and make a color scheme and then add to this over a period of years. The importance of color was taught, how to get color cheaply into the room, how to use pieces of furniture already on hand, and how to make or buy curtains and rugs. If they did buy pieces of furniture or furnishings they were taught what to look for in buying and they were encouraged to keep away from buying suites of furniture. As a result of the demonstration 400 pieces of furniture were remodeled and refinished, and 275 walls were painted or papered.

One club woman, Mrs. Everett Sensabaugh, is a good example of what was accomplished in most clubs. Mrs. Sensabaugh was going to fix a bedroom. She attended a country sale and got a bed of oak, which was very substantial, without any cost because a relative wanted the springs. She bought an oak dresser which was of very good lines and nice size for \$7.00 and a washstand for \$2.00. She cut the headboard down and slip covered the bed in print

material which she bought for 49¢ a yard. She also put a ruffle around her bed of the print material and put a dressing table cover on the washstand of the same material. Her material cost around \$6.00. She took the mirror off the dresser, refinished the dresser, and removed undesirable ornamental pieces. She has re-seated a rocking chair, bought white ruffle curtains, painted her walls pale blue and her woodwork white. The printed material she used had quite a bit of blue and pink in the design. She bought a mirror to go over her dressing table and she plans later to make a dressing stool. Her whole bedroom didn't cost her but about \$20.00. One of her neighbors who would never join the home demonstration club came in to visit her and she saw the bedroom. The woman asked her if this was what they learned to do in home demonstration work and she said it was. The woman said, "Well, I am going to join the home demonstration club."

(b) Down Comforts - The objectives of this demonstration were to use up old feather beds, to get a warmer and lighter comfort, to teach people to work together and help each other. Also, it is a comfort that women can make that will not take as long as piecing quilts and it will give more satisfaction than quilts. This was a choice demonstration and was usually given in a club house or in some woman's home that was very large. One down comfort was cut, marked and sewed with the help of the club women. All the women helped to fill the down comforts. This created one of the best teamwork demonstrations that has ever been given in the county. The result of this demonstration can not be measured in a few months as it is something that the women will continue for the winter and spring work. It is estimated that 25 down comforts have been made. It is estimated that at least 8 extra meetings have been held in

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the different communities in making these down comforts.

Last year one demonstration was given in Rockbridge County to 25 women who were especially interested in making down comforts from feather beds. Many of these women went back to their home demonstration clubs and explained what a wonderful demonstration this was to their club members. Also, the down comfort was exhibited at the home demonstration Achievement Day last fall. Two clubs from this training meeting went ahead and bought a bolt of the feather-proof satin and were having extra meetings of a few neighbors getting together and making these down comforts. This idea spread to other clubs and there were about six choice demonstrations given on down comforts. In every club where this demonstration was given the women decided to have extra meetings and help each other to make down comforts. Timber Ridge was a very interested club in the down comforts and their club has planned to make at least twenty down comforts. They have women who are very efficient in sewing and they have worked out a system so they can make from two to three down comforts a day. The women especially enjoy the social side of these down comfort meetings. One of the women from the Timber Ridge Home Demonstration Club has gone to other clubs to help demonstrate these down comforts. Next year more clubs will want this demonstration and there will be many good leaders to go to other communities and demonstrate the making of these comforts.

Extra monthly meetings has become very popular in Rockbridge County not only on down comforts but on other types of work. In one other club they had a number of young women who wanted to learn beginners sewing so they asked some talented women in the club to give this demonstration to them.

(c) Housing - Housing has been of great interest in Rockbridge County for a number of years. However, in 1949 there was rather a slowing up in major housing such as remodeling or building. The agent and housing specialist worked with about four families in building homes, about four in remodeling and about twenty-five families in improving kitchens. A number of these people do not plan to build right away because of the expense. A number of the people we have helped in years past have built this year and have used many of our ideas.

A young couple, Mr. and Mrs. Harry Sdsher, are building a new home. They have arranged the house according to our directions having the living room on the south side, kitchen so you can see the driveway, bedroom close to bathroom and paths of travel not through center of room. The house is considered one of the best designed houses from the outside in the community. They have taken real interest in not only getting information from us but from other sources on housing.

The objectives of the housing program are to get people to think of their individual needs in housing, to plan for the future family and for real living comfort. Because of the housing program in Rockbridge County, there has been about 150 housing bulletins of different kinds distributed on electricity, water systems, basements, insulation and that type of thing. Through the housing program more people have become conscious of doing a better job of planning and improving remodeling or building of new homes. In the next few years to come the home demonstration program can encourage and tell people about the help that they can receive in housing, especially the young married people who are making so many mistakes in building. They feel they know exactly what they want and that isn't a thing that even the experts know and these are the type of people

who are building more houses.

Many of the people are beginning to plan their kitchens. Many of them are doing this a little at a time such as building cabinets, putting in sinks, etc. The objectives of the kitchen program are to get people to give real thought to their needs in the kitchen, shape of room, lighting, work in the kitchen moving in the right direction, paths of travel not through working space, to give people the idea that there is more to remodeling the kitchen than to just put cabinets in. There has probably been about 10 kitchens started in Rockbridge County or improved and probably 20 other people planning kitchens.

(d) Winter Bouquets - The main objectives in this demonstration were to discuss and show the club women the materials that could be used in dried flower arrangements, preparation of the materials, and ways to add color to the dried flower arrangement. The making of a winter garden was discussed. The club women brought dried flower arrangements to the club meeting and those who had made winter gardens showed these to the other members.

As a result of this demonstration approximately 100 winter bouquets were made.

2. Foods

(a) Meat Cookery - The objectives of this demonstration were to teach club women more about the different cuts of meat, the importance of good meat, and that you cannot cut all cuts of meat alike. Many of the women were very old-fashioned in their method of cooking good cuts of meat. They often overcooked and cooked them by methods that caused the loss of juices. The good cuts of meat were demonstrated. It was shown that slow heat was the thing

that produced the best type of meat from good cuts. The women learned that their method of cutting was wrong. They developed a different standard for meat cookery. It was felt that 75 women changed their method of cooking meat.

(b) Buffet Suppers - Many club women were interested in serving large groups of people with the minimum amount of work. The purpose of the buffet supper was to teach easier entertainment; also, how to plan ahead and prepare ahead in meal preparation. This was one of the most popular cooking demonstrations as the club women were divided into groups and they were responsible for preparing one dish. Then, they explained to the rest of the group how this could be prepared ahead of time in giving a buffet meal. Also, the women were taught correct setting of the buffet table and how to serve. Buffet meals became very popular throughout the county. They were used by churches and club meetings. It is estimated that 50 buffet meals were served as a result of this demonstration.

(c) Food for Underweight and Overweight - Most of the home demonstration women were either underweight or overweight. It was a continual thing to hear club women talking about dieting. You would often hear of buttermilk or fruit diets which are bad for the health. The purpose of this demonstration was to teach people how they could gain or lose weight and get all the necessary food values. In the demonstration, the Basic 7 foods were stressed. The club members were given the foods that they were to stay off of completely or that they were to eat very little of. Also, desserts that were not very fattening were demonstrated. These desserts also gave high mineral and vitamin value to the meal. This demonstration also made the women more conscious of properly balanced meals and the importance of milk and vitamins in the diet. It is estimated that 50 women changed their eating habits.

3. Crafts

(a) Stenciling of Cloth -

For a number of years the home demonstration clubs have had work on stenciling or painting. This year the club members decided on stenciling of cloth which was a continuation of craft work. The objectives in this stenciling were to teach people better sense of color and harmony in design, to add more color to their homes in small objects such as, aprons, tea towels, mats and curtains. One month was devoted to teaching the people the principles of stenciling, how to make stencils, and to teach them the type of things to stencil. A number of clubs continued this the second month and had work meetings at which each woman brought something to work on. A number of these demonstrations were given by leaders and some of the clubs planned extra meetings for a group of women to get together and work. This proved one of the most interesting demonstrations of the year. This demonstration will probably add more color to the home and make people more color conscious. This type of work could probably be carried through another year and they could do more complicated stencils such as scarfs and more complicated designs. It is estimated that 275 articles were stenciled.

4. Citizenship

A number of the clubs felt that they should know more about county government and how it was run so they asked some of the county officials to make talks on county government which proved very interesting to the club members. Many of the clubs that didn't have it this year are asking for it next year.

The women also had as one of their objectives registering and voting. One election official in a large district in Rockbridge County made the statement

that more women voted in Rockbridge County in 1949 than had ever voted before and he attributed this to the home demonstration clubs promoting voting and the meetings on county government.

Wills and deeds was a choice meeting in about one-half of the clubs. The home demonstration women secured lawyers to give these talks. In most communities other people were invited to attend this and also the husbands of club members. The clubs that did not have this are very much interested in having it this year.

5. Home Freezers -

A county-wide meeting was given on home freezers. The objectives were to teach the advantages and disadvantages of different kinds and sizes, give information on the walk-in freezer and its purpose. The home freezer is becoming quite popular and there has probably been about twenty-five or thirty home freezers put into the individual homes in Rockbridge County.

B. Other Activities

1. Federation Goal: Library -

The library chairman of all home demonstration clubs met and made plans for the federation goal which were as follows:

January Meeting - Book Reviews - Report on County Library.

At each club meeting you will give out a list of three or four books on the demonstration for that month for 12 months.

Two months during the year, which will be April and September, you will go to the County Library and get three or four books as suggested by the librarian, show them at your club meeting, tell some interesting facts about the books and return them to the library.

Each month you will have your women check themselves, in the year book as to the number of books read and encourage them to read from the Home Demonstration list for which they will get a certificate if they read five.

Things the library chairman was asked to do in her club:

Be librarian for a deposit station in your community.

Have one or two members go to the library each month and help make up book lists.

Have one or two members go to the library once a week and help repair books. These people have to be very reliable and will have to go for several months as they have to be taught how to repair these books and one or two times will not pay for teaching them.

Some clubs who have members who are good at making posters can assist the library in this.

Some club members could go on the radio telling about the work of the bookmobile.

In the month of June the home demonstration clubs will make contributions to the library. Some clubs will want to have special entertainments for this purpose.

The purposes of this goal are to do real educational work on the library and to get people interested in this project in the county.

Book reviews was one of the outstanding accomplishments in Rockbridge County. Ten home demonstration women gave these book reviews to all of the clubs. They picked out outstanding books which they had read. This had a great influence on women reading books in the county. The attitude of the people completely changed about the library and book-mobile in the county as a result of these book reviews. One very backward community where the women had very little in the way of social life or outside interests at nearly every meeting they reported that they had read one or two books. The club women established deposits for the library in different communities and acted as librarians. This made more books available to women as so often our women were unable to quit their work and go to meet the book-mobile at the different stops when the women can go to the deposit stations at their leisure for the books. Three or four of these librarians were excellent as they had read so

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many of the books themselves and were ready to recommend books to other people.

Approximately 525 books were read by the club women with 38 club women receiving the reading certificate.

2. Tours -

Four of the home demonstration clubs had tours in their clubs during August. The purpose of these tours was to see improvements made in the homes. The tours were quite a social event starting or ending with a picnic.

The home demonstration clubs were given permission by the rug plant to make a tour which was attended by 216 club women. This gave the women ideas on how rugs were made, the quality of rugs, and it proved to be one of the most interesting events in the county.

3. Recreation -

Twenty-one clubs in Rockbridge County held Christmas Parties in December, 1948, with attendance of 358. These parties were given for the purpose of recreation for club members and their families, with emphasis placed on a good time for the children.

The purpose of the program was to promote community recreation and fellowship.

Sixteen of the home demonstration clubs furthered community recreation by having club picnics for the club members and their families in August. The total attendance at these picnics was 230.

4. Home Demonstration Projects:

(a) School Lunch -

In six clubs the home demonstration women assisted with 5 school lunch rooms by canning, buying of equipment, working in the school lunch kitchen and

donating surplus products.

Highland Belle Home Demonstration Club sponsored the building of a kitchen to the school and this kitchen will be used for other community activities such as church meetings and Ruritan meetings. They have done an excellent job of getting the school board to let them use some surplus money for this purpose. They have gotten help from V. P. I. in planning the kitchen and equipment and plan to furnish this kitchen.

Following is a report of the Highland Belle and Alone Community project.

A DREAM COME TRUE

Highland Belle Home Demonstration and Alone Home Demonstration Club have always helped furnish for the nutrition work of Highland Belle School, long before Federal aid was available, by having "canning days" for the school and filling hundreds of jars.

Then a dream came that some day the old kitchen might be replaced. The old one was a long, narrow, dark room between two class rooms with a huge, heavy restaurant type stove, make shift shelves for storage and old "mousey" cupboards for dishes, the whole thing a fire and danger hazard, the whole weight hanging over the center of the auditorium with no extra supports. When the large refrigerator was added and a group of women gathered to prepare for suppers we realized it was dangerous and time to plan.

Highland Belle Home Demonstration Club started the idea to sponsor a new kitchen on the ground floor. A committee was appointed in 1949 along with a committee from the Ruritan Club to contact the school board. Mr. James Laird, Mr. Arthur Alphin, Mrs. Leonard Hotinger and Mrs. William Fitzpatrick served on this committee. The school board agreed to build a new kitchen.

Miss Alverson, Home Management Specialist from V. P. I., made floor plans so that the kitchen would be most convenient and we followed them. The need for new equipment has met with success due to the cooperation of the Highland Belle Home Demonstration Club, the Alone Home Demonstration Club and the Ruritan members canvassing the whole area served by the school. The money is in sight to buy a new sink, dish washer, asphalt tile floor, fluorescent lights, work tables, cabinets for storage and dining tables for use of the children, as well as an electric water pump and fountains installed by the school board.

The community spirit of cooperation has helped create interest in our school and helped bind the people closer to the school interests. In the near future, it is hoped to replace the old wood range with an electric stove.

The chairman and members of Highland Belle Club feels very grateful to the members of all the clubs who worked so faithfully on this project, as well as the splendid, tireless work of the school principal and teachers.

(b) Club Houses -

Three of the home demonstration clubs have made improvements on club houses such as painting the interior, painting the roof, making money for electricity, and other small improvements.

5. Work With Other Agencies:

(a) Community Chest -

The home demonstration clubs sponsored the starting of a community fund or community chest for Rockbridge County. They are serving on the committee for the budget and the advisory committee.

(b) Cancer -

The home demonstration clubs were very active in the county in the Cancer Drive. Mrs. Carey Parrent acted as the captain for the county. The home demonstration clubs have helped with buying of equipment and making bandages for the cancer organization. The home demonstration clubs gave \$630.00 to this drive.

(c) Infantile Paralysis -

The Infantile Paralysis Drive in the county was sponsored by the home demonstration clubs and they made a contribution of \$581.25 for the county.

(d) Red Cross -

The home demonstration club women have helped with making cookies and gifts for the veteran's hospital at Roanoke. Some of the club women have served as Gray Ladies. A number of the clubs have made contributions to the Red Cross Drive.

(e) T. B. Association -

A number of the clubs have bought T. B. Bonds and the home demonstration women have been quite active in buying T. B. seals. The home demonstration clubs also helped sponsor the chest clinic in getting people to have the chest x-rayed.

(f) Christian Rural Overseas Program (CROP) -

Twelve home demonstration clubs contributed \$39.20 to the Christian Rural Overseas Program. The amount contributed by the Rockbridge County home demonstration clubs was to be added to the contribution given by the other home demonstration clubs in Virginia.

6. 4-H Club Leaders -

The home demonstration clubs have furnished nineteen leaders for the 4-H Clubs. The home demonstration clubs gave scholarships for sending 4-H Club members to camp which amounted to \$45.00. The home demonstration women were active in putting on an amateur show for the 4-H Council.

7. Home Demonstration Market -

The home demonstration market has had seventeen sellers during the year. One new market seller was added this year. Their total sales amounted to \$14,820.88, while in 1948 the market showed an income of \$16,885.84.

The amount cleared by the seventeen families who sold produce on the home demonstration market is estimated at \$7,500.

8. Unorganized Home Demonstration Groups -

There are two colored groups in Rockbridge County that hold a meeting once a month with approximately 35 women attending these two meetings. The demonstrations are based on the needs and desires of the groups. These groups have demonstrations on making bedside tables, making a blouse, stenciling of cloth, winter bouquets, refinishing furniture, making corsets, food for overweight and underweight, reseating chairs, and making tufted bedspreads.

This group accomplished the following:

Thirty pieces of furniture were upholstered, refinished, resealed, bought, slip covered, or remodeled. Five improvements were made in housing. Sixteen rooms were painted or redecorated.

V. 4-H Clubs

A. Project Work

1. How Conducted: Winter Projects -

The 4-H projects were divided into winter and summer projects. The winter projects were chosen and planned with consideration given to the time allotted, equipment available, and the desires and needs of the club girl. Method demonstrations were given by the agent and local leaders in the school.

(a) Housekeeping -

147 club girls were enrolled in the housekeeping project. The purpose of this project was to teach the 4-H Club girl to take more interest in keeping a neat room and helping her mother with general housekeeping. The project taught them practices that could make housekeeping easier. The following demonstrations were given: making storage pockets for dresser drawers; daily care of the bedroom; bed making; setting the table; table manners; table mats; and easier and quicker methods of washing dishes.

The outcome of this project was 55 table mats made; 42 linens mended; 97 girls did dish washing; 99 girls improved the method of setting the table; 61 girls reported caring for their room three months; 19 laundry bags were made; 29 dresser drawer pockets were made; and 15 garment protectors were made.

It is estimated that this project saved the families of the club girls about \$25.00.

(b) Looking Your Best -

There were 143 girls enrolled in this project. The purpose of this project was to get young girls to take an interest in looking after their clothing, making articles to take better care of clothes, and teaching the proper way to wash a sweater. The following demonstrations were given: making storage

pockets for dresser drawers; equipping a mending box; mending clothes such as rips, snaps, buttons; making a laundry bag; and the washing of sweaters.

The result of this project was 292 garments darned; 23 garments patched; 63 garments dry cleaned; 175 sweaters washed and blocked; 56 storage pockets made; and 54 laundry bags made.

It is estimated that this project saved the girls and their families about \$67.50.

(c) Room Improvement -

Thirty-nine older 4-H Club girls enrolled in this project and carried it both in the winter and the summer. The project was conducted in the schools during the winter and in the homes of the girls during the summer. The objective of this project was to teach the girls how to make more attractive bedrooms through better planning and how to use the furniture and furnishings they already had on hand making them more attractive by remodeling and re-finishing. The following demonstrations were given in the winter: attractive bedrooms and color plan; furniture arrangement; remodeling lamps; and re-modelling pictures. Each girl took an inventory of her room and kept a notebook showing what she planned for her room.

Demonstrations were given during the summer on modernizing dressers and beds; refinishing furniture; making a slip cover and petticoat for the bed; making bedside tables; rug making; and reseating of chairs.

The 4-H Club girls accomplished the following in this project:

19 color plans were made; improved the walls and woodwork in 14 rooms; 17 girls improved window treatments; 13 girls made or bought rugs; 16 improved closets; 19 pieces of furniture refinished; 33 accessories were bought or made. These improvements were made in 44 different rooms.

Emojeane Womaldorf and Phyllis Turner did outstanding pieces of work in room improvement. Emojeane's room was visited by a home demonstration woman in the community and she thought it was such an outstanding piece of work that she had the whole Timber Ridge Home Demonstration Club visit the room. She refinished an antique bed, made a petticoat for the bed, remodeled and refinished an old dresser, bought curtains, papered and painted the walls, reupholstered a chair, remodeled the closet, made a bulletin board, and refinished an old wash stand for a bedside table.

Phyllis Turner made a bedspread, book ends, remodeled a dresser, refinished two chests of drawers, a dressing table skirt, 2 pairs of curtains, 2 pairs of draperies, a bedside table, remodeled lamp, remodeled 2 pictures, and papered and painted the walls in two rooms.

The work done by the 39 girls carrying this project has saved a total of \$132.00 of the family income. In addition to this, the project has taught the girls skills that can be used later in life, and has given the girls and their families a greater appreciation of the home and life.

2. How Conducted: Summer Projects -

The summer projects were chosen with the desires and needs of the girls in mind. Method demonstrations were given by the agent and local leaders in the homes of the girls in small neighborhood groups.

(a) Meal Planning and Food Preparation -

Thirty-nine girls were enrolled in this project. The following demonstrations were given: planning and preparing a breakfast; planning and preparing a club meal; planning and preparing refreshments for a party. The purpose of this project was to teach the girls simple techniques in cooking; planning what should make up a balanced breakfast and dinner; to encourage them

to drink more milk and eat more vegetables. At the club meetings the girls were assigned dishes to cook and certain jobs in preparing breakfast, dinner, and refreshments.

The 4-H Club girls planned and prepared 120 meals; set the table 2379 times; made 62 cakes; made cookies 56 times; prepared milk dishes 62 times; prepared 59 salads; and cooked vegetables 140 times.

As a result of this project the girls took more interest in setting an attractive table, preparing and serving attractive and nutritious meals, and assuming more of the responsibility in food preparation for the family. This gave the mothers of the girls more time for other activities.

(b) So You're Going to Sew -

There were 153 girls enrolled in this project. These girls were very young and a number of them did not even know how to thread a needle or tie a knot in the thread. The purpose of this project was to teach them simple sewing and to interest them in learning certain techniques. The following demonstrations were given: making needle cases; making stuffed toys; making a blouse; and making a gathered skirt.

The 4-H Club girls reported the following as things they had learned in this project: how to do the blanket stitch, how to place patterns on material, how to do the embroidery chain stitch, how to use the sewing machine, how to stuff toys, how to do the whipping stitch, how to cut by using measurements, making simple hems, facing blouses, making plackets, putting bands on skirts, gathering by using the machine, and making simple button holes.

The following articles were made as a result of this project: 53 needle cases, 87 stuffed toys, 31 towels, 40 gathered skirts, 23 handkerchiefs, and 36 sewing boxes equipped.

(c) Make and Remake Clothing -

There were 20 older 4-H Club girls enrolled in this project. They were taught how to take an inventory of their clothes and plan their wardrobe from this inventory, how to buy a pattern suitable to their figure and still be within their ability to make, and how to use and read patterns.

The purpose of this project was to teach the girls to give more thought to planning their wardrobes, to buy and make things to go to making a well-dressed girl, and the techniques used in more complicated sewing. The girls brought their material and patterns to club meetings and they were assisted in cutting and sewing their garments. These were finished at home and brought back to the next club meeting for criticism.

The result of this project was 80 garments made and remodeled with an estimated saving of \$40.

(d) Food Preservation -

There were 5 girls enrolled in this project. The object of this project was to teach the girls better methods in canning and freezing, encouraging the making of a canning plan for the family, and the keeping of records.

As a result of this project 2097 quarts of food were preserved at an estimated saving of \$419.60.

B. Other Activities

1. Amateur Show -

An amateur show was sponsored in the spring for all of the 4-H Clubs of Rockbridge County. The purpose of this show was to give an opportunity to show talent, to make money for the county treasury, to create a greater interest in 4-H Club work on a county basis, and to be a county-wide social event. Each

- club sponsored some stunt or talent act of ten minutes. These acts were gotten up by leaders and clubs. This show was attended by about 400 people. The clubs brought refreshments such as cookies and homemade candy which was
- sold. They also sold ice cream and coca-colas. This event was very well liked and was voted to be an annual event. Announcements of importance were
- also given at this show. The amount made at the amateur show was \$90.43.

2. Camp -

- The purpose of 4-H Club Camp is to encourage 4-H Club girls and boys to do better work, to train in 4-H Club leadership and to give outstanding girls and boys a wholesome week of recreation and to play and live together. Thirty-two 4-H Club girls attended this camp which lasted five days. They
- were given classes in handicraft and nature study. They had interesting evening programs of stunts, songs and challenges. They also had swimming and different types of ball games.

3. Rural Life Sunday -

- The 4-H Club members asked the ministers to preach special sermons on youth. They also furnished flowers for the rural churches on this Sunday.

4. 4-H Club Week -

- In Rockbridge County during 4-H Club Week, two window exhibits were made by the 4-H Clubs Publicity Committee. One of these exhibits was on clothing and the other was on Better Living for a Better World. The 4-H Clubs
- sponsored radio programs daily for one week giving radio talks on project work and 4-H Club organization.

5. Picnic -

- The 4-H Club County Council sponsored a county picnic at Cave Mountain Lake. The transportation and food was contributed by the different 4-H Clubs.

The purpose of this picnic was to create interest in L-H Club work on a county basis and to give a day of recreation and fun to the L-H Club members, leaders and their families. A program of swimming, stunts and singing was given at the picnic. This picnic was attended by 200 people. A number of the L-H Clubs had club picnics and parties during the year.

6. Drives -

The L-H Clubs helped sponsor drives such as Infantile Paralysis, Crippled Children and Red Cross.

VI. SCOPE OF WORK

No. Home Demonstration Clubs or Groups	<u>1948</u> <u>23</u>	<u>1949</u> <u>24</u>
Membership	<u>500</u>	<u>545</u>
No. L-H Clubs	<u>13</u>	<u>14</u>
Membership	<u>344</u>	<u>323</u>
No. of other families reached	<u>285</u>	<u>302</u>
Total number families reached	<u>1546</u>	<u>1610</u>

VII. COUNTY WIDE EXTENSION ORGANIZATIONS

1. County Home Demonstration Committee -

The county home demonstration committee is composed of presidents and program development leaders of home demonstration clubs in the county and officers of the committee retained from the preceding year.

The functions of the county home demonstration committee is to plan and develop the home demonstration program in the county.

This committee meets twice during the year. In the fall, the committee meets to plan the next years program which is based on the desires and needs decided upon at the club planning discussion in the midsummer, county data, and

the way the present program has met the needs of family living.

The spring meeting is for the purpose of reviewing the year's program to date; planning club discussions for next year's program and deciding upon summer and fall home demonstration club activities.

In Rockbridge County in 1949, following the spring meeting of the home demonstration committee, each club had within its own group a discussion on desires and needs for the 1950 program.

The home demonstration committee sponsored the starting of a community chest fund in 1949 for Rockbridge County.

The committee was responsible for the physical check-up of home demonstration club women. As a result of the physical check-up 115 women had the check-up. The drive for physical examinations proved most helpful in that it showed a number of pre-cancerous conditions which were saved from becoming active because of these examinations.

The county committee chairman appointed a committee who was responsible for planning and having mimeographed the home demonstration club yearbook for 1949.

The home demonstration committee sent its president, Mrs. C. A. Farrent, to the state meeting of the Federation of Home Demonstration Clubs and the Institute of Rural Affairs at V. P. I. in July.

2. County 4-H Club Council -

The County 4-H Council is made up of the president, vice-president, secretary, treasurer, reporter, song leaders and junior project leaders of all the 4-H clubs in the county. From these officers the county council officers are nominated by a committee appointed by the president of the council and elected and installed at the fall meeting. The adult 4-H leaders serve in an

advisory capacity. The council holds two meetings a year, one in the fall and one in the spring. Prior to each council meeting, the executive committee composed of all the 4-H presidents meets to plan the program for the meeting, set up county plan of work and make any other plans that are necessary. These plans are presented at the regular council meeting for adoption.

Over seventy officers, project chairmen and adult 4-H leaders attended the fall planning meeting of the 4-H council. New officers were elected and they were installed by the retiring officers. The county plan of work was set up. Help was given in setting up the individual plan of work for each club.

The county plan of work was set up as follows -

1. Hold a county 4-H Achievement Day.
2. Participate in Lynchburg Farm Show.
3. Hold a county 4-H picnic.
4. Have each club pay \$3.00 to county council treasury by April 1.
5. Have each club send delegates to camp.
6. Provide a plan of recognition for leaders.
7. Have each club sponsor a community or health activity.
8. Have each club member carry out a safety activity.
9. Have each club learn the National Boys' and Girls' Club Song.
10. Award 4-H plaque to most outstanding club. This is to be determined by the following score:

Projects completed and records turned in - 60%
Attendance at club meetings - 20%
Other activities - 20%

The county calendar of 4-H events was also set up as follows -

County 4-H Council Meeting - Lexington - April
Baby Beef Show - Salem - May
County 4-H Picnic - Cave Mt. Lake - August
District 4-H Club Camp - July
Lynchburg Farm Show - Lynchburg - October
County 4-H Corn Husking Contest - Lexington - October
County 4-H Achievement Day - Lexington - October
County 4-H Council meeting - Lexington - November

A copy of these goals and the calendar along with committees to work on plans for Achievement Day, Lynchburg Farm Show, county picnic and camp

standards was given each club officer and they were instructed to discuss these plans with their individual clubs.

At this meeting also the group was divided and special leadership training was given in singing, parliamentary procedure and recreation. When the group reassembled, each group chairman gave a brief resume of what they had learned.

Accomplishments for the year were:

1. County 4-H Achievement Day held October 29 with 10 of the 14 clubs having exhibits.
2. A county 4-H picnic was held at Cave Mountain Lake with twelve clubs in attendance.
3. Ten of the fourteen 4-H Clubs contributed \$3.00 each to the county council treasury.
4. Each 4-H Club sent a delegate to 4-H Camp at Camp Bethel.
5. Fourteen clubs each sponsored a worthwhile community activity.
6. Five clubs learned the National Boy's and Girl's Club Song.
7. Plaque was awarded to Effinger, Senior 4-H Club for outstanding community activity and club work.

VIII. ACTIVITIES OF VOLUNTEER LEADERS

A. Adult -

1. Organizational -

The organization leaders consist of county and club officers of the 22 home demonstration clubs and the county committee.

These leaders have organized their own groups, planned and developed the county and club programs, conducted club meetings and have been responsible for special meetings of all extension nature. Twenty-two club presidents or vice-presidents have conducted the business of all monthly home demonstration

meetings, collected club members records and have had a definite influence in promoting the community projects.

These adult organizational leaders have conducted 95 meetings in the absence of the home agent with an attendance of 1269. All club meetings were conducted by club officers.

A decided improvement has been made during the year in the leadership and development of the 120 organizational leaders.

2. Project -

The adult project leaders have been trained through leader training meetings and individually by specialists and agents and have given demonstrations to club groups on projects carried in subject matter field; these leaders have given information to 75 non-club members and have held 12 clinics and workshops in special interest groups.

It is estimated that the adult organizational and project leaders have given a total of 2050 days of volunteer services.

B. 4-H

1. Organizational and Project -

There are 19 4-H leaders for the 14 clubs in the county who serve as both organization and project leaders for girls.

These leaders have assisted with the organization of clubs, assisting club officers with club business and programs and in special club activities such as picnics, camp, achievement day and exhibits.

These leaders have attended leader training meetings and have given method demonstrations in the absence of the agent and assisted the home agent with other demonstrations. The leaders rendered a valuable service in collecting and compiling 4-H project records. It is estimated that the 4-H leaders have given in 1949 250 days of volunteer service.

<u>Growth of Home Demonstration Club Project Leadership</u>		1948	:	1949
No. project leaders and goal chairmen		216	:	203
No. training meetings held	By Specialist -	10	:	8
	By Agent -	25	:	15
Attendance at all training meetings		484	:	356
No. Club meetings held by leaders with ^{out} agent present		94	:	95
No. Club Meetings at which leaders assisted		70	:	99

<u>Growth of L-H Club Project Leadership</u>		1948	:	1949
No. adult project leaders		24	:	19
No. junior project leaders		-	:	6
No. training meetings held	By Specialist	3	:	3
	By Agent	5	:	8
Attendance at leader training meetings		26	:	134
No. L-H Leaders trained individually		12	:	4
No. Club Meetings held by leaders without agent present		64	:	7
No. Club Meetings at which leaders assisted		66	:	91
No. demonstrations given	By leaders -		:	
	adult	50	:	46
	junior		:	

IX. SIGNIFICANCE OF THE YEAR'S WORK.

The 1949 4-H and adult program has definitely made the people more civic minded and more interested in other things than just homemaking projects. Club meetings on county government, wills and deeds has greatly contributed to this. The program that the home demonstration clubs have carried on the library has definitely interested people in world and civic affairs and also in good reading.

The program of 4-H and home demonstration has definitely carried forward the ideas of past years in improving the inside of the home. Sometimes it takes years to see much improvement along this line but, home improvement projects in 4-H and the bedroom demonstrations have carried forward the program of colorful homes, using what the people have and when purchasing, to make better purchases in house furnishings.

Housing has been improved by special and individual helps, bulletins, and meetings and individual help on kitchens. It has been a carry-over from other years in housing as people are beginning to become more conscious of needing help in housing problems.

Art principles have been continued through this year's program with the stenciling of fabrics and winter bouquet arrangements. This type of study definitely contributes to the women developing a sense of combination of colors and designs. Many of the past year's demonstrations have been carried over into this year's program as club choice demonstrations.