

Virginia
Nutrition
Lulu V. Walker

<u>Index</u>	<u>Page</u>
6 a 6.4.....Plans.....	1-5
6 b 4.5.....Fairs.....	5
8 a 1.....Bread.....	4
9 a 8.1.....Milk Campaign.....	5
13 g.....Kitchen Arrangement.....	3, 6

REPORT

OF

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HOME ECONOMICS SPECIALIST

BLACKSBURG, VIRGINIA

Dec. 1, 1921 - Dec. 1, 1922.

(Project-4)

I. Principal Home Problems Attended.

1. Relating to Food.

- a. Rural School Lunch.
- b. Food for Children.
- c. Home Making.
- d. Preparation and serving of meals.
- e. Bread Making, Judging.
- f. Milk - its use.

2. Relating to Home Betterment.

- a. Kitchen Contests.
- b. Table Service and Manners.
- c. Setting Standards.

3. Relating to Health.

- a. The development of Food Habits.
The relation of food to health.

II. Methods Employed in Handling these Projects.

Method 1.

- A. By supplying assistance for and to the County Home Demonstration Agent.

The greater number of County Home Demonstration Agents of Virginia are not trained Home Economics Women. Therefore, they were supplied from the office by the Home Economics Specialist, the necessary subject matter and method for carrying on the projects named.

- 1. Through outlined plans with references for subject matter and the necessary materials and equipment listed for giving such food demonstrations as the Specialist suggested or that the Agent requested. So the plans for demonstrations and talks have been worked out by the Specialist, and are available for the following:

Bread:-

- Wheat Bread
- Spoon Bread
- Sweet potato Bread
- Hot Bread

Food for Children:-

- Breakfast
- Lunch
- Supper

Eggs
Feeding the Sick.
Use of Fruit in the Diet.
Fireless Cooker Cooking.
School Lunches - Hot, Packed.
Some Use of Milk as Food.
Food Preservation -
Canning
Jelly Making
Pressure Cooker as a Cooking Utensil.
Salads and Salad Dressings.

2. There are also outlined plans for talks on such subjects as

Child Welfare.
How can Extension work help in the schools?
Infant Feeding.
Home Demonstration Work.
Requirements of a Kitchen.
How to Make soups.
The Value of Milk.
Home Improvement.

Requests are frequent for plans and subject matter for some specific occasion, for instance; one agent desired at her County Fair to have a demonstration team, demonstrating making biscuits. The plans for conducting such a demonstration were formulated and sent.

At a Short Course, one Agent desired to put on a demonstration to teach the club girls personal care. Plans were outlined and the demonstration given under the title, "Aids to Beauty".

3. The Specialist gives these demonstrations, the plans of which are available, either before individuals, groups of agents, and in the majority of cases, she gives them before other groups of people in the presence of the County Home Demonstration Agent. Thus the Agents get a chance to see the methods used by the Specialist in carrying out the outlined demonstration and talk. Whenever possible, the methods are discussed privately with the agent.

4. Plans for Contests (Kitchen).

This plan was definitely outlined, and contained suggestions as to ways of holding the contests, as well as reference material necessary in such a contest.

5. Personal Conferences.

Almost, every visit to a County Home Demonstration Agent included a discussion of projects being worked out, and the methods of working these; suggestions of suitable projects, and how to carry them out.

6. The Specialist tries whenever possible, to send each month to the County Home Demonstration Agents a general letter, which tells of some good thing being done in some other state.

7. By supplying material for some special articles for publication, and by supplying references on certain subjects upon special request.

One County Home Demonstration Agent desired some newspaper articles while she was carrying on the Kitchen Contest. Three Articles were written by Home Economics Specialist and sent to this agent. The articles were on such topics as - "My Pet Kitchen Convenience", "Shelves for Kitchens", "Large vs. Small Kitchens".

Sometimes the Specialist gets requests for subject matter material for papers which the County Home Demonstration has to present before some professional association.

8. By giving talks and demonstrations at the Agents Meetings.

9. By assisting agents to make out special programs for women's clubs.

Method B.

B. By contact with the women of the State through the Women's Home Demonstration Clubs.

1. Each month a letter is written to the Presidents of the Home Demonstration Clubs at the same time that a general one is written to the agents. The one to the President is sent through the agent and she sends it to the Presidents of the clubs in her county. In this letter, attention is called to what other clubs are doing. Suggestions are made as to suitable topics and types of special projects that could be taken up. As a rule, these refer to Community Improvement; such as cleaning streets; supply prominent needs of the school and church; helping to establish a town library; putting in a community nurse; making up a subscription for sending a club girl to the State Short Course at Blacksburg. Methods by which these things have been done by other clubs are suggested, but not outlined, as it is thought best that the women should work out plans for accomplishing the projects, with their agent.

2. Demonstrations.

Demonstrations on various Food Projects are given before the Women's Clubs, or before groups of women who ultimately organize themselves into some kind of a club.

Upon special request, talks with some illustrative materials are given. It is at such demonstrations and talks that the Specialist endeavors to show the Agent methods of handling the topics discussed in the demonstrations or lectures.

3. Personal Conferences.

Upon various occasions, individual women have requested some special help along some line, in which they are especially interested e. g. the Specialist has been asked advice in reference to remodeling the house; the selection of a cooking stove; the selection of a piano; etc., etc.

4. Printed or Mimeographed Material.

There is kept at the state Office a supply of recipes and helpful material, which is sometimes distributed at the club meetings and sometimes sent later. This supply is being gradually extended in subjects, as time permits.

Method 5.

C. By contact with Girls Clubs.

1. Personal contact with the members of the Girls Home Economics Clubs is secured at club meetings, County short courses, State Short Courses.

a. Demonstrations.

The Specialist gives to the Girl's Clubs, demonstrations showing the technique and including the subject matter required of their clubs, the Bread Club, Canning Club, and Cooking Club.

b. Fairs.

The Specialist judges the products of the Girls' Club work at some of the School, community, County, District and state fairs. She there, gets in personal touch with the club members, as well as with their parents.

c. Contests.

The Specialist holds the position of official scorer and judge in the District Bread Judging contests which are a part of the Bread Club work. She there comes into close contact with the competing teams from the various counties in the district, and gets the opportunity of judging their preparation for the contest.

2. Written material for the use of the Girls Home Economics Club members, is furnished by the Home Economics specialist.

a. Bulletins.

The first and second year cooking club work is under one cover as one bulletin. This has been written this year.

The Canning Club Bulletin has been written jointly, by the State Girls' Club Agent and the Home Economics Specialist.

b. Mimeographed Material.

Various pieces of mimeographed material has been written jointly by Specialist and State Girls' Club Agent for use in the Girls' Home Economics Club e. g. For the bread clubs - "The Ways of Bread Making". For the cooking and Canning Clubs - outlines for the stories required in each year's work; as well as outline for the required note book work.

Method 4.

D. Publicity Methods

1. Bulletins.- The Cooking Club Bulletin has been written and is almost ready for distribution. The Canning Club Bulletin which has been written by State Girls' Club Agent and Home Economics specialist will not be distributed until needed for Canning Club work next season.

E. Mimeographed Material.

Sheets of mimeographed material have been distributed from time to time during the year as the request or necessity demanded. Outlines for various food demonstrations; talks on various subjects; plans for Kitchen contests; form for reporting result of contests; form for Women's Home Demonstration Club reports; suggestions for Short Course programs; suggestions for Fair exhibits; plans for conducting demonstration teams.

F. New Items.

The specialist has contributed articles for the Extension News, the Agricultural Club Letters; and special articles for the agents use during the Kitchen contest.

G. Campaign.

During the Milk Campaign, in Richmond the specialist gave talks to the grade and high school children of the public schools, of the city; and in addition to these, she gave talks before various women's organizations, such as women's clubs - Parent-Teacher Association - Business women's Council of I. W. O. A.; Instructive Visiting Nurses Association.

H. Exhibits.

The specialist planned the Food Part of the Exhibit for the Golden Jubilee held at Blacksburg in June; and at State Fair in Richmond.

III. Results Obtained.

The work of the specialist is mostly confined to supplying subject matter and method for carrying out the subject matter; she therefore has little opportunity for collecting data in reference to results.

As the Specialist does not make her own itinerary she finds it difficult to provide for follow up work, and the opportunity to carry out special projects is reduced.

The Specialist has to depend entirely on the District Agent and the County Home Demonstration Agent to get results.

As stated previously in this report, the specialist comes in personal contact with the County Home Demonstration Agent, the members of the Women's Home Demonstration clubs and Girls' Home Economics Clubs and such other people as she meets in Community gatherings and meetings. She also can reach quite a number of people through written material. As her time

in Extension work lengthens she is able by observation to see results, but these are not in a tangible form, generally. By adopting two or three special projects for intensive field work this next year, she is looking forward to doing the kind of field work which will bring tangible results, such as School Lunches, Home Improvement, Bread Campaigns.

IV. Field-

Most important piece of field work was the Kitchen Contest. The Specialist made the plans for this contest; but because of a full itinerary which had been as described above, the field work was carried out by the State Agent. The reports of the results of contest have not been returned to the Specialist. She therefore has not data to report.

Mimeographed sheets of the plans for the contest were sent out to the County Home Demonstration Agent who was contemplating conducting the contest, under the title, "Suggestions for Kitchen Contest". These "Suggestions", included Types of Contest, with the advantages and disadvantages of each given; ways of starting such a contest; time limit of contest; judges for contest and score card with full explanations of the same suitable prizes, and how secured; distribution of prizes, when, and where. It also included a form for the report of results of contest.

A visit to one of the counties which entered into the contest sometime after the completion of the contest, convinced the Specialist of the importance of this project. It was very evident that this was a most demonstration project, as women of all social classes entered:- the wife of the president of one of our large railroads, and the wife of one of the laborers on the road; town women, and country women; women of education, and women who had had no educational advantages. The effect on the women was most interesting. This was shown particularly on the women of very limited means and education.

By means of the contest, the woman had acquired some degree of importance in the community. She was being referred to with respect for her opinion.

It had increased her social contacts as she had many visitors to see her newly improved kitchen.

It had developed her ingenuity and originality. It had increased her own self respect and had established her self confidence. "It held me up", one woman said. "It encouraged her to keep her kitchen spotlessly clean.

It had its effect on the whole family, a certain pride was evident. The husband and children, the grandmother and in some case the servants, all had had a part in this work.

It has created a demand for plans and contests to improve the whole house. There are already requests for kitchen contests in other counties, and living room contests in those counties which have participated in the Kitchen Contest.

A. Office Work.

The most important piece of office work which has been done this year, by the Specialist is the help to the County Home Demonstration Agents, through written material (described earlier in this report).

As it is impossible, because of the size of Virginia, and its physical contour, for the Specialist, to visit each County Home Demonstration Agent more than once a year, it is considered by her, to be highly important for her to give the County Home Demonstration Agent all the possible help through written material, which will include the necessary subject matter accompanied by suggested methods for carrying it out.

V. General changes taking place in Extension Work.

Extension work in Virginia reaches two social classes of women, those of middle class and those of below middle class. The middle class has been busy for several years now, adjusting themselves to the enforced necessity of doing all their own work. Formerly they could get help, as negro labor was cheap, though inefficient. They have learned much about the preparation and conservation of foods. The improvement made is very evident in the Women's Exhibits at the Fairs. In those counties where a Home Demonstration Agent has been for several years, her work is easily recognized in the quality of exhibits. While they have still a great deal to learn along these lines, they are inquiring more about the nutritive value of foods and the proper combinations in meals; and especially have they requested information in references to the proper food for children together with the reasons why.

These women are also desirous of Better Houses - equipped more conveniently, and arranged more beautifully.

The below middle class are hard to reach, but in the counties where they are reached, they show great hunger for any information. This is show mostly in isolated sections.

It is an evidence of the need they have for social contacts; rather than a consciousness of need, in food selection and preparation and conservation.

As they establish social contacts, they become cognizant of their physical needs.

Extension work is doing wonders with this class as the County Home Demonstration Agent can set the highest standards in technique and they copy her absolutely.

As the County Home Demonstration Agent brings the outside world to her, this class will give more gratifying results than any other.

Report of Home Economics Specialist in Foods.

December 1, 1921, - December 1, 1922.

No. of counties visited - - - - -	20
No. of visits made to counties - - - - -	50
No. clubs visited - - - - -	54
No. homes visited - - - - -	19
No. Short Courses attended - - - - -	9
Attendance at Short Courses - - - - -	357
No. of Fairs Judged - - - - -	19
No. of meetings addressed - - - - -	51
Attendance at meetings - - - - -	3376
No. of demonstrations given - - - - -	75
No. of demonstration lectures - - - - -	26
No. of conferences with county agents - - - - -	28
No. of conferences with others - - - - -	77
Amount of mimeographed material written - - - - -	46
Amount of mimeographed material distributed - - - - -	4124
No. of miles traveled - - - - -	12165
Auto - - - - -	2333
H. E. - - - - -	2630
Letters written - - - - -	150
Articles written for publication - - - - -	7
Number of Extension schools attended - - - - -	21

Distribution of Time of Specialist - 1921 - 1922.

1921	Sunday	Office	Field	Learn	Sick
August	1				
September	4	6	21		
October	5	6	18		
November	4	6	20		
December	2	9	24	14	
January	3	20	5	1	
February	4	15	8		6
March	4	9	18		
April	5	9	12		4
May	4	12	15		
June	4	12	14		
July	5	9	8	3	6
August	4	6	8	12	
September	5	7	14	2	
October	5		24	1	
November	4	5	20	1	
	65	127	204	24	16