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VIRGINIA

AGRICULTURAL EXTENSION SERVICE HOME DEMONSTRATION WORK

ANNUAL NARRATIVE REPORT

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SOUTHAMPTON

COUNTY

1949

Agent Mrs. Alma B. Gravely - Nov. 1, 1949 to Nov. 30, 1949
Date worked from to

Assistant Agent _____
Date worked from to

Agent Miss Florence E. McGuffin - Dec. 1, 1948 to June 30, 1949
Date worked from to

Assistant Agent _____
Date worked from to

Table of Contents

	<u>Page</u>
Summary of Accomplishments	1
Adult Program Work	3
Family Institute for Better Health	4
Study of Breakfast Eating Habits	5
<i>Poultry</i>	6
Adult Community Activities	7
National H. D. Week	7
Work with Other Agencies	7
4-H Club Project Work	7
Scope of Work	8
Activities of Leaders	8
Growth of Leaders	9
Significance of the Year's Work	9

Summary of Accomplishments

This report includes some of the activities carried out through the home demonstration program in Southampton County this year. The county was without the services of a local home agent for four months of the year. The present agent began work in the county November 1, 1949.

The activities were conducted in an attempt to guide the people in following better practices in homemaking, in planning more carefully for the family needs, and to appreciate more of the things available for the improvement of their living conditions.

The home demonstration work in the county was centered around foods and nutrition with demonstrations to assist adults. There were six home demonstration clubs in the county this year with an enrollment of 98 women, an increase of one club and 12 members. These clubs were located in four of the magisterial districts of the county. Through club members 67 other women were reached this year with project work. Twenty method demonstrations were presented with 246 women attending to further plans made for the adult extension program.

As a result of garden and canning plans made, and food preservation demonstrations presented early in the year, women canned 900 quarts of garden peas for home use in June.

Women functioned with the Home Demonstration Program Planning Committee. Needs for the county were discussed after which a program calendar was drawn up for 1949. A committee of two women represented the county committee in the District meeting in May.

National Home Demonstration Week was observed by a program and exhibits where 15 bag articles were attractively modeled and other articles all made of bags on display.

Assistance was given to families with the home poultry flocks by giving points to observe in culling and caring for flocks for better home products.

A county meeting was held during the month of March at the county seat. "This Family Institute" as it was called was held to assist the families with nutritional problems. Emphasis was given to the "packed lunch" because of the many children who leave home early in school busses, and the men who engage in public work and eat one third of the meals from home.

Thirty-eight of the fifty schools in the county were visited to contact 2004 children to check on their breakfast eating habits.

Mrs. Mary L. Thompson, Assistant State Food Specialist, presented the demonstrations. The district agent gave an illustrated talk on the foods for health prior to this demonstration. One hundred twenty-five families were reached in the one-day meeting.

Work with 4-H Clubs was conducted through simple sewing and laundry projects because these were needed to help in the homes. Girls in 12 clubs enrolled in 418 projects and completed 278 of these in spite of being without an agent for four months, from June to November.

Supervision was given to 209 girls with projects. Assistance was also given in food preservation garden and poultry to many of this number of girls as needs arose.

Thirty-two method demonstration meetings with 616 girls attending helped in giving information which was used largely for the whole family. Twenty-seven adult organization leaders and 14 subject-matter leaders assisted in some phase of work this year.

Adult Program Work

The Home Demonstration Committee consisting of one or more representatives of the organized adult clubs and with 4-H representation met October, 1948 to plan the program calendar for 1949.

The committee discussed needs brought up in the club groups. It was decided that there was a need for improving school lunches; for planning better meals for the family; preparing clothing for the pre-school and school children, saving food every way possible and improving the home grounds.

The main content of the program calendar was to work toward a larger production and preservation of the family food supply; plan meals, clothing for the children of the family and present laundry information which would help with this work.

The committee drew up the following goals for the clubs:

1. Each club will include yard improvement with gardening.
2. Feeding the family will be studied for better health.
3. Clothing for children will be studied for better health and to save money.
4. Each club member will screen at least two windows.
5. Fly control will be practiced for each club.
6. Clubs will conduct tours to see gardens and sanitary improvement.

7. Each club will take a part in the Achievement Program.

Up to June, 1949 the following goals were reached:

1. Yards were improved along with gardening by 15 families.
2. One hundred ten families (110) were assisted with child feeding problems, and 86 families with canning. Two hundred

thirty-six (236) families were helped with food preparation problems. The health of the family was studied through all of these methods. Sixty-three (63) families were helped with screening and fly control.

Although all club members did not screen two rooms as planned, some screened two or three rooms and both back and front doors to their homes.

Tours were planned to take place in August. These could not be conducted as intended because of the former agent's resignation. However, leaders in Zuni Community with assistance from the District office had their tour during August with a large attendance. The incoming agent attended with the State Agent and took a part in the program at the end of the tour.

Family Institute for Better Health

Plans were made early in the winter to conduct a workshop for leaders and parents to find out something about the nutritional needs of the families, especially the school age children. In cooperation with the Jeanes Supervisor of Schools and co-workers, plans were made to conduct a survey to find out the breakfast eating habits of the children. Assistance in planning was rendered by the district and state offices. Survey sheets, were prepared and used. Thirty-eight of the fifty schools in the county were visited and 2004 children were contacted to find out how many were eating a well-balanced breakfast or any breakfast at all.

WHAT A STUDY OF BREAKFAST EATING
HABITS REVEALED

How many did you contact in asking the following questions?	<u>2004</u>
How many of these ate some breakfast on the given day you asked these questions?	<u>1814</u>
How many did not have any breakfast at all?	<u>190</u>
How many ate toast or rolls, or biscuits or corn bread or muffins (bread of some kind)?	<u>1664</u>
How many did not?	<u>150</u>
How many ate cereal breakfast food?	<u>459</u>
How many did not?	<u>1355</u>
How many drank milk?	<u>639</u>
How many did not?	<u>1175</u>
How many had fruit or fruit juice?	<u>337</u>
How many did not?	<u>1477</u>
How many had coffee?	<u>162</u>
How many did not?	<u>1652</u>
How many ate some meat?	<u>1221</u>
How many did not?	<u>593</u>
How many ate an egg?	<u>736</u>
How many did not?	<u>1078</u>
How many ate pancakes or waffles or doughnuts?	<u>176</u>
How many did not?	<u>1638</u>
How many had only coffee?	<u>37</u>
How many did not?	<u>1777</u>
How many ate what you would think an adequate breakfast?	<u>718</u>
How many did not?	<u>1096</u>

At this family institute 125 in attendance were presented methods of preparing and packing wholesome lunches for school children as well as for the men and big boys of the family who work out from home. The demonstration was presented by the Food and Nutrition Specialist, Mrs. Mary L. Thompson of Blacksburg. The district agent, Miss Blanche D. Harrison presented an illustrated talk on Foods for Health prior to the demonstration. At the close of the Institute samples of sandwiches were passed. Leaders expressed the desire to use same. Results were noted in the 732 home visits made before and after this meeting was held.

One home has purchased a deep freeze as a result of the home demonstration program. Another home has installed running water for the first time.

Poultry

The following information was given to homemakers relative to culling chickens: Before culling the chickens satisfy these:

1. Comfortable housing
2. Clean surroundings
3. Good source of green food
4. Good quantity feed
5. Source of good fresh water
6. Free from diseases and parasites
7. Close attention by the attendant.

Simple points to observe in culling were given to the homemakers to help them with their culling problems.

ADULT COMMUNITY ACTIVITIES

- National Home Demonstration Week.-- National Home Demonstration Week was observed with clubs coming together and having a short program. A short talk on home demonstration work was given by the agent. Clothing made from feed bags was placed on exhibit. Fifteen feed bag housecoats were modeled, seven of them dyed various colors and eight plain with a design of flowers around the neckline and on the pockets. The feed bag articles on exhibit were: shoebags, houses, men's underwear and children's dresses.

Work with Other Agencies

- The agent worked with the supervisor of the elementary schools in planning better school lunches.
- Work was done with Hayden High School in helping to carry out their school project which was "Helping to Make ^{Home} The/and Community a Better Place in Which to Live."

Demonstrations and lectures were given to various classes. Demonstrations on improving recreation at home and school were given also.

4-H CLUB PROJECT WORK

- So You'd Like to Sew.--There were 209 girls enrolled in the project on "So you'd like to sew." 101 girls made the following articles: 12 scarfs, 9 aprons, 14 laundry bags, 13 towels, 6 skirts and 10 blouses and did other work toward completing the project.

There were 209 girls enrolled in the project on laundry with demonstrations given to them on how to line a clothes basket, how

to make a clothespin bag, how to pad an ironing board, and how to make a pressing cloth. There were 177 girls completing this project.

<u>SCOPE OF WORK</u>	<u>1948</u>	<u>1949</u>
Number Home Demonstration Clubs or Groups	5	6
Membership	86	98
Number 4-H Clubs	12	12
Membership	181	209
Number of Older Youth Groups	0	0
Number of Other Families Reached		330
Total number families reached		483

During the month of November, 30 homes and schools were visited for the purpose of getting the organizations functioning again. Leaders materials were given special study and preparations were made for presenting demonstrations to the clubs and groups when met in December, 1949. One training meeting was attended in November on Food Preservation methods where canning and freezing of beef, sausage and chicken were given. This information will be given to the local leaders in training groups for their clubs and neighborhoods.

The six home demonstration clubs and twelve 4-H clubs have been contacted by letters, and some of these in person during November.

ACTIVITIES OF LEADERS

Leaders are trained in order to carry on the work of the clubs and help the agent keep members interested and informed about the

planned program. The following table shows a record of growth of leadership over a two-year period in adult and junior work.

Growth of Home Demonstration Club Project Leadership 1948 1949

No. project leaders and goal chairmen	6	6
No. training meetings held by specialist	1	1
by agent	5	2
Attendance at all training meetings	49	16
No. Club meetings held by leaders without agent present		12
No. club meetings at which leaders assisted	6	8

Growth of 4-H Club Project Leadership 1948 1949

No. Adult project leaders	6	6
No. junior project leaders	5	12
No. training meetings held by specialist	-	-
by agent	4	1
Attendance at leader trainer meetings	30	10
No. 4-H Leaders trained individually	6	12
No. club meetings held by leaders without agent present	2	11
No. club meetings at which leaders assisted	4	8
No. demonstrations given by leaders	-	6
by adult		10
by junior	5	23

Significance of the Year's Work

The county was without an agent for four months during the year. This caused a break in program and plans which were not carried out successfully. However, it appears that by improving diets and planning better meals, each member in the families assisted here have shown some improvements in health.

With time-saving devices in operation with surroundings beautified and better clothing prepared the family enjoyed individuals of their group and those in the community.

One home has purchased a deep freeze. Running water was installed in the home of Mrs. S. Harris of Hanson for the first time. Both improvements for better living were direct results of the home demonstration program.