

5. Keep the leaders informed and trained, and guide them to the extent that they will take action.
6. To strive to improve myself daily by being will informed on the latest information, methods, trends and techniques that will enable me to do a better job as an agent.

believe that more emphasis will have to be placed on mass media for reaching the families as they do not have the time or the same interest since they are away from home. I became disturbed when a large percentage of the club women began to seek employment as I felt that many of them would lose interest in the program. However, they did not but it caused for revamping some of the plans as methods and techniques. The program did not meet my expectations and goals, however I realized that various facts had to be considered with the changing situation. Therefore, I worked more extensively with the leaders, trying to build a stronger and more unified leadership program as I felt that I could carry the program to their communities and work directly with the families in their various communities. They would also be able to reach them in other organizations as well as encourage non-interested persons and others who were not affiliated. This helped to expand the program in that the people had become aware of their problems and conditions.

- B. Suggestions for Improving the Home Economics Extension Program in the County.
  1. Make better use of mass media in order to reach the majority of the people.
  2. To put more time and effort on developing a stronger youth program as the future of this program depends on them.
  3. Strive to have a more unified program in the county between adults and youth.
  4. Continue to encourage family to take advantage of every available resource that they have or can find to help improve themselves and their conditions.

time to read, browse, observe and attend various activities, conferences and other meetings.

I have attended most of the inservice training programs and have been greatly benefited with information, new ideas, and sometimes a changed concept of matters. This to my mind is one of the best ways to improve oneself professionally.

It was not possible for me to study during the past year at one of the Extension Summer Schools, however a welcome any opportunity in any way that will help me to conduct the work during the past year. I am striving to develop a more effective program in this county.

#### VII. A Look Ahead

##### A. An Appraisal of 1960-61

The past year has been two fold rewarding and discouraging. Homemakers were looking for immediate solutions to their problems. Had they followed previous information and recommendations some of their problems would not have occurred.

In other areas where progress has been made I feel that it has and will continue to contribute to better family living. Progress has been made in all the areas of family and community life in which work was planned. The number of families or individuals worked with were below the number planned for the reasons previously stated. This situation calls for a change to night meetings with working homemakers. Any other changes not foreseen. I

They often secure items they had not previously stocked upon request. (4) I cooperate with other agencies and professional workers and secure their help and support when asked and needed. I share with co-workers my demonstration materials and assist them when opportunity permits. (5) Keeping the county officials informed is a part of my responsibility. I secure their advice on situations that are prevalent to my office space and working conditions. I respect their authority and in return gain their respect. All of these facts have contributed to making my working conditions pleasant, developed an understanding cooperation, support and confidence of the people with whom I work and those in authority.

#### C. My Professional Improvement

I worked on my plans for professional improvements as outlined in my plan of work. Some things were accomplished, some improved and others still need a great deal of effort and concern. I started with my professional improvement phase with the idea of first improving my habits and attitude. Efforts were directed to the areas of knowledge and skills. An evaluation of myself shows improvements in the areas outlined. I have often sought advice that help me as a person and information of relative concern to my work. During my office time I read current information that was of help to keep me informed of changes, latest developments, new products and improved methods. This is an essential phase of my work. I also used some leisure

ment. Of the families worked with directly several of these have been accomplished and they have encouraged non-affiliated families to make some form of direct contact or association.

Each family reached now realizes each improvement made contributes to its home as well as its community. As a result of these improvements the idea is to improve people. If their homes are improved, so is their community and the total result is Improved People.

#### B. Progress in Developing Good Public Relations

Good public relations is essential to the success of a sound extension program. I am thoroughly convinced by that this can be accomplished by first having good human relations. This I feel can be achieved by applying the Golden Rule. It is evident in my life and work that this is the best way to get an understanding of others and ones self. (1) I am to keep other workers informed about the activities and extension program in general. I extend invitations to various activities. (2) I endeavor to keep the general public informed of the services available to them, and the accomplishments of those families worked with in the past. I accept when asked to participate on programs, campaigns or activities. These gives means of opportunities to become acquainted and present information desired. (3) I secure material on consignment for demonstration purpose and displays from local merchants. Information and cooperation is given by them in sponsoring tours that are to keep the homemakers informed. They

Through the years each phase of work carried was stressed as a phase of improving the home. Encouragement has been given to encourage each family reached to plan and do each job attempted with the fact in mind that there homes represent them and each goal attained help to improve the family, home and community. Emphasis was placed in home ownership as it gives the family status, pride, security, privacy and a stability. Those who do own their homes are being encouraged to plan to work on it as their long-time goal, to develop these skills and practice the things they have been taught to make their present home as attractive and comfortable as possible with the idea of accumulating things for present and future use. They are being encouraged to have attractive and comfortable homes as the situation permits without major expenditures.

Improvements have been made county wide in these areas in the clean-up campaigns, yard beautification, attractive mail boxes, improved driveways and walks, outdoor living areas, attractive privies, sanitary and attractive wells, pumps and springs, flower gardens, several porches and windows, paint up and fix up campaigns, safe steps, screened trash area and attractive garbage cans, planting trees where needed, attractive useful furnishings and accessories, refinishing and reupholstered furniture, remodeling homes, added storage space and water under pressure. This will give an idea of some of the accomplishments made over the years in this area. No one family had made every improve-

6. <sup>S</sup>Sponsored and activity and donated the proceeds to the Community Hall.
7. Made progress on improving the Home Demonstration Reading and Club Room.
8. Sponsored a community family recreation night with a Covered Dish Supper
9. <sup>D</sup>Donated equipment to the school lunch room.
10. Distributed food, clothing and toys to the shut-in, less fortunate and distressed.

The contributions, donations and sponsored activities helped in all the areas that help to build a stronger and aggressive community. It enlightened the people of the type of work that is done by this group. Other than these activities each leader set as her goal to help a non-affiliated homemaker with some of the recommended material she had learned as a result of her being a club member.

#### VI. For Special Consideration

##### A. Strengthening Extension Work In Home Economics

Special efforts were put forth to strengthen the Home Economics program in the county. Emphasis was placed on the home and its surroundings as a unit. Various phases were carried as project work in the club program with special emphasis placed on the results as its contributions to the home and its entirety. This was considered for the standpoint of the adage; "Better Homes Build Better Communities;" which was used as the county theme.

### B. Accomplishments of An Outstanding Club

Lottsburg Community Home Demonstration Club has had a very prosperous year and has made several accomplishments in developing leaders. It has made several contributions in helping to build a better community. This club has been organized since the beginning of the Extension Work in the county. The same changes have occurred in this community as in all the others. The enrollment has been steady and the attendance is very good the year round. This club changes its officers every two years with their goal being to give each member an opportunity to serve as an organizational project, club or recreational leader. This helps to build their confidence and develop their abilities. When representatives or delegates are selected, they encourage members to accept who have not previously served. This helps to develop leadership ability of a larger number of adults and enables them to take an active part in other community activities. This we feel builds a stronger community through participation.

Some of the accomplishments for 1961 of this club were;

1. Entertain the District Home Demonstration Meeting.
2. Sponsered and educational tour to Jamestown Festival and Historic Williamsburg.
3. The group refinished and reupholster the church pulpit chairs.
4. Made curtains for the two church rest rooms.
5. Contributed to several campaigns.

## 3. 4-H Club Leadership (Given in table below)

	1957	1958	1959	1960	1961
No. Club Officers	47	48	60	70	63
No. adult project leaders	12	14	18	18	18
No. junior project leaders	27	40	40	34	36
No. result demonstrators	0	8	10	12	18
No. training meeting by specialist	0	0	0	0	0
No. training meetings by dist. agent	0	0	0	0	0
No. training meeting by agent	7	6	7	5	4
No. training meetings by member club dept.	0	0	0	0	0
No. training meetings by others	0	2	1	2	2
Total attendance at ldr. tr. Meetings	40	46	36	46	36
No. 4-H Leaders trained individually	41	43	34	30	31
No. club mtgs. held by ldr. without agent	23	24	33	15	16
No. additional meetings which leaders assisted	36	38	52	48	64
No. demonstrations given by adult ldrs.	29	21	30	43	45
No. demonstrations given by jr. ldrs.	23	26	38	41	54

V. Leadership

A. Growth of Leadership

1. Overall program leaders

	<u>1959</u>	<u>1960</u>	<u>1961</u>
a. County Agricultural Extension Service Board	39	39	37
b. Youth Council	<u>32</u>	<u>32</u>	<u>36</u>
c. Home Economics Council	<u>26</u>	<u>30</u>	<u>32</u>

2. Home Demonstration Club Leadership (Given in table below)

	<u>1957</u>	<u>1958</u>	<u>1959</u>	<u>1960</u>	<u>1961</u>
No. Organizational leaders	45	48	50	52	48
No. project leaders	60	56	54	56	52
No. Federation program of work ch.	12	16	12	17	16
No. program development leaders	16	16	17	22	18
No. result demonstrators	8	12	16	18	24
No. training meetings by specialists	0	3	3	3	2
No. training meeting by dist. agents	1	0	0	0	1
No. training meetings by agents	10	12	14	12	10
No. training meetings by others		4	2	3	3
Attendance at all training meetings	103	97	100	83	118
No. meetings leaders assisted	47	42	40	51	52
No. meetings held without agent	32	21	18	24	18
Demonstrations by leaders	63	53	48	57	64
Talks and discussions by leaders	102	74	52	63	61

#### B. What Was Done to Increase Scope of Work

Several mass medias were used to reach more people with information to help them with some of the many problems they face. The number of persons reached does not show up as an increase because the number of families worked with previously decreased. The reasons for this decrease are; some families had to move away to seek employment, other homemakers who had not previously worked were employed and some meetings had to be held at night to reach those who could attend. The changes mentioned in the county situation had a great influence on the scope. Some new families were reached and some previously reached were lost.

An obvious fact is that more wanted solutions to their immediate problems rather than long time planning.

New ideas and different events were used along with some that had already been used to stimulate and to hold the interest of the people. Leaders played an active role and contributed more efforts to families not previously reached and unorganized communities. Their efforts have been gratifying and they have faced obstacles.

We feel that the results obtained were greater than the obstacles faced. The goals set were not all reached but the results were satisfying.

## Scope of Work

	1957	1958	1959	1960	1961
No. H. D. Club	9	8	8	10	10
Membership	153	119	131	132	115
No. H. D. Groups (unorganized)	0	1	1	2	3
Membership	0	8	8	21	29
No. 4-H Clubs	9	9	10	10	9
Membership	243	203	241	201	207
No. YMA Clubs	1	1	1	1	1
Membership	18	18	18	18	16
No. Community Clubs	1	1	1	1	1
Membership	32	34	35	42	38
No. Home Ec. Committees	0	1	1	1	1
No. General Interest committees	1	1	1	1	1
No. Youth Committees	1	1	1	1	1
No. Other Organizations	3	3	2	4	3
No. Farm & Home Dev. Families	1	1	1	1	2
No. Other Families Reached	138	83	87	161	97
No. Different Families Reached	329	320	293	238	216

Report of groups that met 3 or more times this year.

on the occasion. The 4-H ers' participated in a variety of ways, as, conducting the devotional part of the service, songs, the 4-H Prayer, pledge and creed, served as ushers. It was felt that a larger number would have a chance to participate in their community. It gave them a chance to present their program to the public and to stimulate interest.

## 2. Short Course and Wildlife Conference

Seven delegates attended the State 4-H Short Course and Wildlife conference. This included three girls, three boys and an adult leader. They were selected on the basis of their interest and achievement in club work. This trip serves to stimulate their interest and encourage them to improve in their club work. The leader as well as the 4-H ers' benefited from the trip. They shared their experiences with other boys and girls in the county. Each was enrolled in a different area according to their needs and interest. They encouraged others to work and strive to attain this experience.

## 3. National 4-H Club Week

This was observed with an educational and recreational program at an elementary school. This program was to acquaint the public and other members with the 4-H program in the county. The objectives of this program was given, 4-H Awards were presented, 4-H leaders were recognized and an appreciation for parents. The evening was climaxed with "Fun For All" which included games, music, dancing and refreshments.

Topics included

- (a) Eat the right **foods**
- (b) care for your teeth and smile
- (c) Care for you hair
- (d) Care for your hands and skin
- (e) Protect your eyes
- (f) Improve your posture and voice
- (g) Write a health story

This project was conducted for beginners to stimulate their interest and develop personal pride and encourage them to develop into healthy individuals. They could achieve this through daily habits and improve and develop pleasing personalities at the same time.

These 4-Hers learned that good habits are essential to good health and special care should be given each body area with cleanliness as their guide. These concepts were that a healthy content individual is one who is morally, physically and mentally sound. They learn to value themselves and protect their health as being their most valuable possessions.

A variety of methods were used such as; films bulletins, pictures and charts, flannelgraphs, methods demonstrations, talks and discussions.

C. Other Activities

1. Rural Life Sunday

This occasion was observed by each club in its individual community with the leaders as sponsors. The spiritual side was stressed

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room. To encourage them to assume responsibilities at an early age and develop pride in making their homes comfortable and attractive. They developed an attitude that would encourage them to become good homemakers and also develop habits that will help them develop into a better person.

Various methods were used to teach this project; they were, method demonstrations, flannelgraph, filmstrips, home visits and training meetings.

### 3. Safety

Topics included

- (a) Safety survey of hazards at home and school
- (b) Check hazards and make repairs
- (c) Learn daily safety rules and practice them daily
- (d) Write safety story
- (f) Make a safety display or exhibit
- (g) Conduct a safety tour

This project was conducted to encourage youth to be safety conscious at all times. It promoted better safety habits at home, school, on the highway and at play. They were taught to make safety improvements before accidents occurred.

As a result of this project they learn to recognize hazards and to repair them or place a sign to inform others before they were injured. It was instilled in them to use precautions at all times to prevent accidents and promote safety practices.

### 4. Individual Health

stimulate their interest, give them basic training in this area and encourage them to make their rooms and homes more attractive and comfortable. They learned the basic fundamentals that constitute an attractive room. A good plan properly executed is gratifying and better results are attained. Comfort, suitability, harmony and simplicity are the essentials in good home furnishing.

Method demonstrations, bulletins, slides and films strips, home visits, training meetings, picture collections, talks and discussions were used to teach this project. Those who carried this project showed lots of improvement in this area. The girls showed increased pride in their homes as well as their rooms.

## 2. Your Room-Pep It Up

Topics that were included

- (a) Collect pictures
- (b) Secure or make a waste basket
- (c) Care for and use a growing plant in your room
- (e) Improve a place to keep your possessions
- (f) Arrange furniture and accessories
- (g) Choose and Frame a picture
- (h) Make a dustless dust cloth and care for your room
- (i) Improve on making a lamp for your room

The beginners and younger 4-H girls were enrolled in this project. It was selected to, with the goal in mind of encouraging members to learn to care for their rooms at an early age. Teach useful things they could make to have an attractive and comfortable

The County 4-H Council is composed of secretaries, presidents, junior and adult leader of the individual clubs for various communities. In this organization the youth and leaders are trained in parliamentary procedures, recreation and social courtesy.

They also planned and selected projects that will meet the needs and interest of all the 4-H Members in the county. The objectives of the body are: (1) To train 4-H leaders (2) To encourage participation in all the phases of club work, (3) To plan a program that will provide needed information and assistance, (4) To provide recreational activities (5) To study the needs and interest of the 4-H boys and girls of the community and (6) To plan a program that will satisfactorily meet these needs.

#### B. 4-H Project Work

##### 1. Home Furnishings

Topics that were included;

- (a) Analyzing of your room (Present and future)
- (b) How to frame a picture and hang it correctly
- (c) Make a study area in your room
- (d) Arrange furniture properly
- (e) Make a simple slip cover
- (f) Select or make a lamp for your room
- (g) Make your windows attractively
- (h) Select, paint, refinish a piece of furniture for your room

This project was carried by the older 4-H girls. It was to

death of his mother. She asked for assistance on a minor remodeling project of an area of the home. At this request they were asked to resume being a Home Development family and they agreed. With these two families the problems most often encountered is a lack of sufficient income and management of income, because in both cases they have seasonal farm crops and of the farm employment. Both wives work away from home to help supplement the family's income. They have also been worked with in management of time and energy. Both have been given assistance on time saving equipment and improved storage space. Meal planning and preparation, kitchen and laundry improvements, a family's clothing budget and home and farm accounts. The Kellys have had information of financing and family credit and insurances for family protection. The Keyzers have worked in addition to the other on some yard improvements in this phase they have improved their driveway, added a farm sign, walk and yard light, in the home improvement area they have relocated two doors and provided space for a bath, inside painting downstairs and purchased a piano for their daughter. These features have made rural living more comfortable for family comfort and happiness. Their goals and attaining them has created new interest as they realize where they are and know where they want to go. This approach has also been helpful in helping others to solve their problems.

### III. COUNTY EXTENSION PROGRAM \* YOUTH

#### A. Organization

##### 1. County 4-H Council

their husbands and friends who wished to attend. A very enjoyable day was spent touring and browsing through the Ruins of Jamestown and the sites of Williamsburg. The day was climaxed with dining at the modernistic Williamsburg Cafeteria. It was educational, recreational and inspirational. All who attended made remarks to this effect, "It was a day well spent and enjoyed and worthwhile."

#### 4. County Home Demonstration Objectives

The county Home Demonstration Objectives for 1960-61 were:

(a) To reach as many people as possible thru various medias; (b) To encourage those reached through these medias to improve their standards of living; (c) Strive to build a stronger leadership program; (d) To teach an appreciation for farm, home and family life; (e) To work with people and help them improve themselves with the finished product being, Improved People.

D. There is not an urban area in this county, therefore no work was done on this phase directly.

#### E. Farm and Home Development Work

There are two families enrolled in the Farm and Home Development Area. They are Mr. and Mrs. John Kelly of Avalon and Mr. and Mrs. Basye Keyser of Heathsville. The latter family re-enrolled this year as they had been worked with before and asked to be dropped temporarily. They inherited the Keyser homeplace at the

sidents about the work and accomplishments in the county. Others have learned that the club members consider the community problems and conditions along with their own. A broader concept of our goals has been gained by people who did not understand the purpose and our values.

#### Leaders Honored at Musical Tea

In recognition of leaders a Musical Tea was sponsored during National Home Demonstration Week. This was given by all the clubs in the county. There were sixty leaders present at this occasion. Each leader was presented by the agent, and a short program was presented which consisted of readings and poems, music and a response by a leader. She stated that they did not serve for praise but because it was their response by a leader. She stated that they did not serve for praise but because it was their responsibility to their communities, families and themselves. Approximately one hundred-thirty five other persons attended. The committee composed one of members from each club set a beautiful table with a Spring Motif and served a delicious refreshment.

#### 3. Special Tour

An educational and recreational tour was sponsored by the Home Demonstration members to Jamestown Festival and Historic Williamsburg. This gave the County people a chance to actually see and hear more about the first settlers in America and about their state history. The club members were encouraged to take

Each club boasted the program as an activity to be held during National Home Demonstration Week and also to stimulate the interest in the County Extension Program. It was desired of all the club members to make visitors welcome, and as comfortable as possible. This program proved to be quite successful and the ladies were more than pleased that all seemed to have enjoyed.

Club members were encouraged to **attend** if possible and they also encouraged non-members to attend. Those who attended reported the day as being quite informative. They gained new ideas and became aware of some existing needs they could fulfill. Some new members were gained **also** ideas.

## 2. Home Demonstration Community Projects

Each **organized** Home Demonstration Club was encouraged to sponsor a community project. These projects were to promote community improvement and better family living, to stimulate interest, to observe achievement of results obtained by demonstrations. Some of the community projects with direct results were; (1) **Refinishing** and upholstering of church pulpit chairs, making curtains for room of church annex, sponsoring of youth to youth to summer camp, making useful items to donate to the sick and needed, promote campaign in hospital drive and sponsor **community** recreation for the entire family. These projects have helped to bring about an understanding and enlighten county re-

they could make wiser decisions and give thier families greater protections. This was done to bring about the awareness and to encourage them to start saving or investment plans that would provide for the things they wanted most.

They learned the importance of having a sound insurance plan for protection of property, hospitalization, education and the provider for the family. Emphasis were placed on sustematically savings as the soundest investments one can make, Information on stocks and bonds and mutual funds was given the group and they were advised to have seeked additional information for these sources. The importance of a mortgage protection for their families.

This area was covered by talks and discussions, printed material and lecture demonstrations.

#### C. Other Activities

##### 1. National Home Demonstration Week.

The Annual District Home Demonstration Meeting was held in Northumberland County. This meeting we feel serves as an incentive to the Extension Program. The leaders from all areas of the county participated in planning and arranging the program. The Club in the Community where the meeting was held volunteered to provide the lunch for the occassion. The proceeds from this were used by the Lottsburg Home Demonstration Clubs to help under write the expensed of fixing the remodeling thier club room which is located in the Lottsburg Community Holly Hall.

The slip cover phase was not carried out as the leaders asked to have another year. They were taught points to consider when making or purchasing the items. They realized a better fit is attained when they are custom constructed.

Leader training meetings and a group meeting was also held. This group made two pairs of curtains and donated them to the church where the meeting was held to be used in one of the rooms in the annex.

#### 7. Savings and Investments

This phase of savings and investments was selected, planned and worked especially for the young men and women group and young married couples. They desired to become more informed on the available types of investments that would build security, provide extra income, earn retirement benefits and provide protection for their families in case of disability or death of the family's bread winner. They also ask, for information that would protect the family in case of an accident and provide educational opportunities for their children.

Information was given in these areas with the topics, Suggested Insurance Plans, Who Should Be Insured, Liability and Property Protection Plans and Various Types of Investments, which included mutual funds, stocks and bonds, property, credit unions, building and loans, bank savings accounts and savings bonds. It was requested that this group be informed on the many opportunities for savings. They felt if they were informed about the sources

springs in sagging furniture and to replace worn and soiled fabrics.

One group was worked with and after learning the project, they did a community project of refinishing and reupholstering the pulpit chairs at the church. They plan to continue this work so they may complete the furniture at the community club room.

The methods used were method demonstration and a tour to the stores where used and old furniture is sold.

#### 6. Draperies and Slip Covers

Some of the homemakers desired to improve their home furnishing. They felt that if they could learn the basic fundamentals of the construction of draperies and slip covers they could do a more effective job in improving the decoration of their homes. Only the phase of drapery making was completed. The home furnishing specialist taught drapery making in a training meeting for agent and leaders. Several pairs of draperies were made. Some new ideas for window treatment that were less formal and more economical were taught. These phases were introduced to the county group most liked the newer and more economical ideas and used them to improve their homes. Some were cafe curtains, shirred curtains, decorative cornice, tier curtains and decorated curtains. They learned to measure correctly for these items and found that by making them they got a fuller and more attractive treatment for the same or less.

patterns correctly, fit the garment properly, and that good finishes determine the appearance of the finished garment.

This was accomplished in leader training meeting with method demonstrations, using bulletins and modeling of the garments completed.

#### 5. Refinishing, Reseating and Reupholstering

This project was conducted to give special assistance to homemakers and groups who wanted to improve some of the good furniture they had on hand for their homes and church and club room.

Some of the homemakers and organizations had sturdy and durable furniture on hand and needed assistance and information in repairing and giving it a new look by replacing the broken or worn out cane or fiber, refinishing the wood on reupholstering the seats and backs. Some of them had pieces of furniture that had been in their families and wished to use it as a decorative or accent piece as they had been encouraged to do this in their home furnishing project. This encouraged homemakers to improve other furniture they had or may secure and some may use it as a means of supplementing their income.

As a result of this project several pieces of furniture was stored. These homemakers learned to evaluate what they had and purchased items they found reasonably to restore and make their homes comfortable and attractive at reasonable cost. They discovered that furniture is more attractive in natural finishes than with coats of varnish and paint. How to replace

will have a better working knowledge of their management problems. Their interest has been stimulated and they are aware of the changes they need to make a more effective job in this phase of homemaking.

#### Special Interest Areas

#### 4. Clothing Construction

This phase was selected as a result of the request for assistance. Some homemakers feel that they need to know how to construct some of the family's garments in order to get better fit for problem sizes, a better constructed garment at lower cost as this would enable them to have an ample or better supply for all family members. Some homemakers with pre school and school age children felt that they could save by knowing how to construct clothing for them and other family members. Those interested in this project were given information on selection of patterns and fabrics, how to adjust patterns, layout and cutting the garment, joining and fitting and zippers and finishes. This was taught with goals to teach good selection of patterns and fabrics whether they were making or purchasing the garment. Emphasis was put on the correct fit for comfort, durability and appearance. They were encouraged to strive to achieve this technique when constructing any garment. Results in this project were, the women learned to use suitable material for patterns selected; to use simple styles when selecting a pattern, lay

higher cost of living; and a rise in unemployment many families had to adjust to a lower net income. These factors have a great influence on income of the families worked with and a greater demand on the homemaker. Many of them deemed it necessary that they seek employment to help supplement the family's income, and maintain a good standard of living. They still have their home responsibilities in addition to a job outside the home. Many realized that they needed a better home management program to cope with the new situations. Information in management of time, energy and money has helped them to cope with their problems. Budgeting of the family's income, sharing of responsibilities by all family members, simplifying and combining jobs, organization of work areas and equipment and understanding and respect for each member of the family has helped them to adjust to the changes and cope with their problems.

Problems that were common to all whether the economic status had increased or decreased, were improper arrangement of appliances and equipment, failure to get the maximum usage from time and energy saving equipment, have not made wise investments or some necessary daily items should have been purchased. A variety of methods have been purchased to carry out this phase of work. They are methods and result demonstrations, leader training meetings, talks and discussions, news articles, charts displays and circular letters. As a result of this project, I feel that those families worked with

and fabrics to group together first taking her furniture and home into consideration and the usefulness of the accessories used. When using flowers or arrangements she should consider the area, purpose, container, occasion and the effect she wish to achieve.

The result of this project contributed increased pride in the home of all family members as all were considered when making the plans to redecorate. Each member shares in the responsibility of keeping and maintaining an attractive and comfortable home and its surroundings. They learned by sharing the responsibilities that they could accomplish more if each member helped. When planning the color schemes, treating the windows and accessories the home, the likes and dislikes of each family member was considered, also age, sex and location as to directional areas.

Methods used were as following; methods demonstrations, result demonstrations, flannelgraph, slides, filmstrips, pamphlets and bulletins, news articles, leader training meeting and tours.

### b 3. Home Management

Due to a change in economic status a large number of families in this county; because of fewer opportunities for employment, forced to seek employment in other areas, a slackness in the fishing industry and other seasonal work;

decorating their homes. They wish to know more about selection and use of colors, fabrics, furnishings and accessories. They expressed a desire to use cut flowers for arrangements for various occasions greenery, potted plants and native material. The homemakers asked for additional help on restoring and wide use of accessories.

The program was planned to cover the desired phases of home furnishings and interior decoration with the goals being; they would learn to make a clear plan and follow thorough until the entire plan is accomplished. When selecting curtains and draperies that they would select the correct lengths to achieve the desired affect. Teach them to make good investments when doing window treatment with economy and harmony as their goal. Encourage the use of fewer and more servicable accessories using first what they have and adding what the need for color , texture and good usage.

The homemakers learned that they must have a plan and work to achieve it. To plan throughly as an attractive, comfortable home, contributes to family happiness and pride. To achieve the proper effect the connect or desired treatment should be used to decorate her windows, doors or areas in interior decoration. She should know what colors, texture ,

As a result of these problems plans were made and followed. The homemakers were taught advance planning in food preparation and to use their equipment whenever feasible such as the mixer for whipping, beating, mixing and blending. To prepare enough for more than one meal. Use other appliances to cook food quicker, use left overs properly and store ready prepared meals or dishes.

Various methods were used but the method demonstration proved most effective in this area. Other methods are;

- (a) Talks and discussion
- (b) News Articles
- (c) Circulars and Pamphlets
- (d) Leader Training
- (e) Questionnaires and Surveys

Some of the changes brought about were better informed homemakers, more time for family relaxation and community activities. Families adjust to the changes in pattern of eating and variation in food habits. According to the club members some accepted readily and other gradually. Family participation in phase also increased. New foods and old dishes were accepted.

## 2. Home Furnishing

This is one of our long time phases of work. All the homemakers express a desire to continue work on this phase to improve their skill, knowledge and abilities in order that they may become able to work independantly in de-

Some stated that they were too tired after their daily routine to take an active part in family recreation and community activities. These phases were selected with the idea of properly used would save time, energy and money. They could be quickly prepared on preparation in advance, foods should be combined and would decrease the time, energy and money spent. They would be attractive and economical. Due to the fact that a larger percentage of the homemakers are working part or full time they needed information in this area that would enable them to continue to serve their families well balanced, nourishing and attractive meals. Most of the families are adjusting to a change in family income, but still maintain the idea that a well feed family is a happy and cooperative unit. Mothers realize that their family' future and happiness depends on their health. That she must put forth every effort to help supply their needs and maintain certain standards for them. A large percentage of the homemakers had some appliances and equipment. Namely automatic ovens, freezers, freezer-refrigerator combinations, electric mixers, broiler, roasters, electric fry pans, electric-coolers, electric choppers and grinders, and pressure sauce pans and coolers. Some stated that the appliances they had did not prove to be as useful as they had hoped. It was suggested that maybe they were not using them to the best advantage.

January	Oven Meals
February	Broiler Meals
March	Quick Meals from Freezer or Pantry
April	Planning Color Schemes
May	Window Treatment
June	Accessories for accent
July	Flower Arrangement
August	Recreation - Outdoor Cookery
September	Planning Kitchen Storage
October	Planning the Laundry Area
November	Simplification of House Work

#### SPECIAL INTEREST AREAS

Clothing Construction

Reseating Chairs

Savings and Investments

Refinishing and Reupholstering Furniture

Draperies and Slip Covers

#### 1. Food Preparation

This phase of work was selected because the homemakers felt they needed additional help in management. They stated they needed it to cut down on the amount of time spent in preparing the food and to feed them more nutritious meals and more economically.

workers, health and recreation instructors, county authority and vocational agriculture and home economics teachers. It will deal with problems of general interest of all. The areas which attention will be given will be health, safety, home ground improvement and delinquency. This committee will secure its information through observation, individual contact, school reports and county health and welfare records. After the reports and situations are discussed, recommendations will be made to cope with the problems.

#### 4. County Home Demonstration Club Committee

This committee is composed of presidents, secretaries and club leaders of each organized home demonstration club. Its purpose is to bring to the body the needs, interests and desires of the people, plan the calendar to work of the home demonstration clubs, inform the people of the aims and objections of the extension program and to study and evaluate the program so that it may be informed of some of the accomplishments of the extension program, so that the majority of the people will be reached.

#### B. Subject Matter and Special Emphasis Area

##### 1960-61 Program Calendar

December

Homemade Mixes- Brown and  
serve rolls

This organization serves as an overall source for all extension activities. It is composed of three leaders from each interest community. It is usually designated as to sex, but due to the occupations of the men of this county we have found it necessary to deviate from this stipulation. All activities planned on a county basis is presented to this body for its approval and suggestions. This committee sponsors the Community Improvement work, special extension activities and analyzes and evaluates 4-Hand Home Demonstration programs and activities. It also studies and suggests methods by which the extension program may be strengthened and more people reached

#### 2. Home Economics Committees

These Committees are composed of leaders and community chairmen of the areas of work on the program calendar. This year these committees will be house furnishing, rural arts, budgeting and managing, and foods and nutrition. The members presented their community problems and needs on a county basis and initiate methods by which needed information and material can be presented by mass media. It will secure data through the following methods; individual contact, group contact and mass contact. They will analyze and evaluate information obtained and offer solutions through information presented.

#### 3. General Interest Committee

8 This committee is composed of community leaders, school principals, ministers, county health workers, county welfare

being sixty-five or more miles away. A campaign is now under way to help underwrite the construction of a hospital in Tappahannock that will serve this and other counties in the area. The interest of the people is high and they are making pledges to help with this worthy and needed institution.

In summarizing the county situation as stated previously other factors were considered that are common to rural family living that were not mentioned specifically but will be brought out in this report. The majority of the families worked with access to newspapers, transportation, radio and television. These influences have made greater demands that a program be planned to cope with new interest and to meet immediate needs. Budgeting and management, production and consumption and wise use of available resources has been stressed greatly.

Because of a lack of employment in this area, the younger people continue to leave the area to seek better opportunities. The work is done basically with older people, and a few young ones who are established. These two age groups wants are different. The young want a quick solution to their problems, the older group want projects and information that does not extend over a long period of time. These are the factors that contribute to the success and failure of the past years programs.

## II. County Extension Program-Adult

### A. Organization

#### 1. County Agricultural Advisory Board

a recreational building in the lower end of the county in the Wicomico district. This is a joint project and serves Lancaster and Northumberland Counties. The churches and schools also provides recreational and social activities. This county is rural in every aspect but the residents enjoy most of the advantages and aspects of urban living.

At present the county is completing its third consolidated plant in its long-time building program. These have brought together the smaller schools and have provided modern facilities, a more comfortable plant and a better curriculum. This will improve the human relation phase as a cross section for individuals are associated daily. It broadens the child's views, concepts and knowledge as well as the teachers and parents.

Approximately 90% of the families in the county have electricity in their homes. 51% have telephones. These services we feel are basic needs and the foundation to other home conveniences. A large percent use bottle gas for heating, cooking or operating other appliances.

Health facilities are very inadequate or similar to most rural areas. There are several physicians in the county and with modern facilities. One of them own and operate a private maternity hospital. Other than that the nearest available hospital facilities are in Richmond or Fredericksburg each

Farmers are less in number and have greater expense because of additional expense of renting and farming on shares.

Occupational opportunities are limited for the majority as the only industries are the water industry and they are seasonal. A large number of homemakers work in domestic or water industries and seasonal work to help supplement the families income.

The living standards are comparatively good compared with most rural areas. Home ownership is high and most of the families take great pride in making and keeping them attractive, comfortable and convenient. To supply their families with the basic needs and as many of todays conveniences as their means can afford is the desire of the majority of the families. Education is rated high in family planning and many families are making sacrifices in order to give their children better opportunities. A larger number of families are including in their family's home management plans, investments, for further educational opportunities for their children.

The social conditions have improved greatly with a look ahead for the future of youth and adults of the county. Several social organizations have been formed over the years and provide social activities for pre-teens, teenager and adults. The Business and Professional Women have erected

Changing times, mechanization of the farming industry has enabled the larger farmers to rent, lease or buy the smaller farms. The larger farms get maximum usage out of their equipment and the smaller farms with not enough land to maintain modern equipment. Fishing the phase of agriculture that has maintained the most secure employment for the majority of the families in the county, had one of its slackest seasons in the last decade.

Ten direct factors that were considered in working directly with the people and their problems were; (1) Economic status of the families worked with, (2) Changing conditions, (3) High cost of living, (4) High rate of unemployment and seasonal work, (5) Needs, interest and desires of the people, (6) An applicable program to meet their complex problems in management, (7) Strive to maintain the interest and create new interest, (8) Make the best possible use of available resources. (9) Help them recognize their problems, evaluate them and encourage them to make decisions that will solve their problems, (10) To help build character, improve attitudes and raise standards with the end product being improved people.

The economic status of the average family of the county, is below that of the previous years. Due to the slackness of the main industry, the larger rate of unemployment, additional expense of commuting workers and away from home employment.

I. THE COUNTY SITUATION AS IT AFFECTED THE  
PROGRAM FOR 1960-61

The situation in Northumberland County differs from that of most rural counties in this state. It comprises a segment of this state commonly known as the Northern Neck of Virginia. It is located in the northeastern area. It is bound by three other counties that composes that distinct area. Northumberland County is bound on the north by Westmoreland County, on the west by Richmond County, on the south by Lancaster County and on the east by the Chesapeake Bay. The four counties are almost surrounded by water and joins the state by a small narrow segment of land. It's plateau is above sea level and varies from hilly to flat in low lying areas.

Recent statistics state that there are two hundred twenty three (223) square miles in the county, with a total of one hundred-twenty eight thousand (128,000) acres are under cultivation. The population is over ten thousand (10,000) and there are four hundred eighty eight (488) farm families with a ratio of three white to each non-white farm. The area of the average farm is 128.5 acres. The number of farms have decreased approximately one third in number and increased in size.

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see progress and improvement being made in people as well as their  
problems and projects. These are contributions I feel that will  
help them in many ways.

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Management of time and energy has become a vital solution to the working homemaker, and others as well. They learned this information as the result of a need recognized by them. It has enabled them to have the same things with lower income by better management.

## II. Food Preparation

This phase has contributed to family living to the extent that it has taught the homemaker to give her family well prepared meals in less time. She has learned to combine foods and make one dish meals, complete oven meals, broiler meals, etc., that has enabled her to have more time for recreation, hobbies, community activities and other things she needs time to do. Other members have learned to share responsibilities in preparing, serving or the cleaning up after the meal. This gives each a sense of sharing and helping to make the job easier and lighter for the homemaker. Enables her to give her family more nutritious meals. She spends less time and energy while preparing these meals.

These projects carried this year will continue to progress this year as many of the homemakers discovered these are the type things they need more of, rather than the things they had requested most of the time. The people worked with over the years are able to distinguish between a need and a desire. They are able to make decisions better where they previously were rationalized. I can

HIGHLIGHTS OF THE TWO MOST OUTSTANDING CONTRIBUTIONS  
MADE TO FAMILY LIVING AS A RESULT  
OF  
THIS YEAR'S PROGRAM

I. Home Management

It is evident that this was a need of the homemakers as well as a desire and has and will continue to make a significant contribution to their way of life. I have previously observed that the average family's income was above that of most rural people. When the majority of the men in this county fished, their net pay would be more for a fishing season than the other family's was for the entire year. They had the advantage of making additional money the other six or seven months at odd jobs. This worked well until the mechanization of practically every occupation they were previously occupied. Mechanization in the fishing industry was the biggest blow. They needed information that would help them adjust and also meet their obligations and responsibilities to their families and creditors. They asked for information as they recognized their needs; However management had been suggested and carried as a project in previous years and they had not followed it to the extent that they had not prepared for this or any similar situations. This area phase of work as a solution to the adjustment will contribute much to encourage them to do a better job of management at present and in the future.

ANNUAL NARRATIVE REPORT

COUNTY  
EXTENSION  
WORK

*File copy*

*Virginia Agricultural Extension Service*

Ernestyne G. Jeffries

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Lead at Home

**Title**

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**Assistant Agent**

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



1961

Northumberland

**County**