

1954 PLAN OF WORK

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Amherst  
County

I. COUNTY SITUATION

The people of Amherst County are divided into different groups according to their ways of making a living. The group of people who devote full time to farming get their income from livestock, fruit (apples and peaches), general farming, and tobacco. A great many people live on small acreage and do only part time farming, receiving the major portion of their income from other types of work. A large number of Amherst residents work in Lynchburg, at the Chemical Plant at Piney River, and at small industries in the county. There is a group of people who are newcomers to the county, who have retired. Amherst has a number of old settlers, who are rather wealthy. This number of groups makes it difficult to plan a program that will meet the needs of all the people participating in Home Demonstration Club work. Ninety percent of the people participating in club work have limited money to spend due to high cost of living and taxes. In rural areas people live very scattered with limited means of transportation. Communication is handicapped by lack of telephones, as one-third of the county does not have telephone systems in the area.

II. CONTRIBUTION OF 1954 PROGRAM TO FAMILY LIVING AND INCREASED EXTENSION INFLUENCE IN AMHERST COUNTY

The 1954 program will cover many homemaking subjects - foods, house furnishings, home management, and clothing. Through the foods study homemakers will learn to prepare more nutritious desserts and low-calorie dishes. This will be a step toward better nutrition for the county. Time and money will be saved by learning the correct methods of cleaning and caring for silver and other metals, floors, and floor coverings. In this year's program women will learn to save time and energy in doing the family laundry. Pointers on buying coats and suits will be given in the fall. The women will be encouraged to improve children's homemade garments by learning to give them different finishes. Homes should be made more comfortable and families happier as a result of the 1954 program.

### III. 1954 PROGRAM AS PLANNED

#### A. Subject Matter Fields in Which Adult Program Is Planned

##### 1. Foods

Two monthly demonstrations and a special interest demonstration will be given on foods. The subjects of these are Nutritious Desserts, Food After Forty, and Making The Most Use Of The Home Freezer.

Objectives of this unit on foods are:

- (1) Get homemakers to prepare desserts which contribute to the food value of the meal
- (2) Get more milk and fruit in the diet through desserts
- (3) Help people to realize the importance of a good diet for adults
- (4) Help people to take off pounds safely by giving aid in preparing low calorie dishes
- (5) Give information which will enable people to obtain maximum use of the home freezer

The procedure to be used in carrying out these objectives is as follows. - A leader training meeting will be held for two leaders from each club and Miss Janet Cameron will demonstrate "Nutritious Desserts" and "Food After Forty". The leaders will give these two demonstrations at the December and January club meetings. Recipe sheets will be furnished all members. The Agent will write news articles to supplement the material given at the meetings. In February Mrs. Mary Thompson will conduct a meeting on Making The Most Use Of The Home Freezer. This is to be a special interest meeting, so the Agent will publicize it by announcements at club meetings, letters to interested persons, news articles, and announcements on radio. Printed material on freezing will be distributed at the meeting and later at regular club meetings.

## 2. House Furnishings

Three months will be devoted to house furnishings with the demonstrations being, Care and Cleaning Of Copper, Silver, Brass and Other Metals, Care and Cleaning of Floors and Floor Coverings, and a workshop on Making Lamp Shades, Refinishing Furniture, Etc. A special interest meeting will be held on Making Hooked Rugs.

The objectives in this work are -

- (1) Teach how to make simple repairs on metals, thus saving on expenses and increasing the enjoyment of using
- (2) Teach the correct methods to use in cleaning metals and the proper storage and care
- (3) Teach the correct cleaners and waxes to use on different floors and floor coverings and the methods of applying these
- (4) Encourage the buying and use of proper cleaning equipment so as to save time and energy

(5) Help women to cut expenditures and make their homes more attractive by making lamp shades, refinishing good pieces of furniture and working on various crafts.

(6) Help them to have more attractive floor coverings by teaching the making of hooked rugs.

The procedure to be used in carrying out these objectives is to first hold a training meeting for two leaders from each club and have Miss Ruth Jamison to demonstrate the Care and Cleaning of Metals, Floors, and Floor Coverings. The leaders will give these demonstrations at the February and March club meetings. Written material on the subjects demonstrated will be furnished the members with some extra sheets that might be passed on to non-club members. The Agent will include in her weekly column supplementary information. In September, clubs will hold all day workshops on making lamp shades, refinishing furniture and working on various crafts. This meeting will give some members an opportunity to complete unfinished articles which they now have on hand. In clubs where some of the subjects are new the demonstrations will be given by the Agent or previously trained leaders. A special interest meeting will be held on Making Hooked Rugs. The meeting is to be widely publicized. The specialist will give instruction.

### 3. Home Management

Two months will be devoted to work on the Laundry Unit, including the Family Wash and the Family Ironing. One month will be spent on Insurance Policies.

Objectives in the home management study are -

(1) Give the homemaker information on improving the laundry unit that she might apply and thus save time and energy in doing the family laundry

- (a) Show good arrangement of laundry equipment
  - (b) Study different types of laundry equipment
  - (c) Get one result demonstration on the Laundry Unit in each club
- (2) In the clubs study soaps and detergents and methods of doing the family wash
- (3) Study short-cuts in family ironing and best methods
- (4) Help people to realize the importance of carrying ample insurance and inform them as to what to look for in a policy

The procedure to be used in carrying out these objectives is first to find one person in each club who is interested in planning a laundry unit as a result demonstration. The specialist will assist these persons in drawing up plans at a county wide meeting. This will be followed by individual assistance from the agent. Each result demonstrator will present her plans at the May club meeting and if possible have the club meeting in her home. After the plan is completed the club will be invited to observe improvements. The agent will get individual help from the specialist and use written material in preparing to give the demonstrations on The Family Wash and The Family Ironing. The Agent will give the club demonstrations on the Family Wash but will train leaders to give the Family Ironing demonstration. Written information will be given members and the agent will include laundry hints in the newspaper column. Local people will be engaged to speak at the meeting on Insurance Policies. Written material from V.P.I. will also be available for the women.

#### 4. Clothing

Two months will be devoted to a study on Buying Coats and Suits and Finishes for Children's Clothes.

Objectives of this unit on clothing are -

(1) The people will learn how to check the fit of coats and suits when buying them

(2) Will learn which the best buys are in coats and suits, keeping in mind fabric, lines, suitability, etc.

(3) Teach persons more finishes for children's clothes so as to make them more attractive, give them variety, and make them practical

(4) Encourage mothers to make children's clothes so as to cut money spent for clothing

The procedure to be used in obtaining these objectives is to first secure help from the specialist. She will hold a conference with the agent and prepare her to give the demonstration at the club meetings on Buying Coats and Suits. It is hoped that some of these demonstrations for clubs near Lynchburg can be held in the clothing stores. A half-day leaders meeting conducted by the specialist will be held to prepare them to give the demonstration on Finishes for Children's Clothes. Written information will be furnished members and news articles will be written.

#### 5. Gardening

A meeting will be held in February for all persons interested in vegetable gardening.

Objectives are -

(1) To help people map out plans for the garden

(2) Inform them as to fertilizers - proportion and when to apply

(3) Help them to obtain latest information on varieties of seeds and when to plant

These objectives will be worked toward by holding a county-wide special interest meeting, to be conducted by a V. P. I. specialist. The meeting will be announced at club meetings, in newspaper and on radio. Some of the clubs have garden leaders who will give a short talk at meetings throughout the year.

③  
B. SUBJECT MATTER FIELDS IN WHICH 4-H PROGRAM IS PLANNED

1. Clothing

- ④ Looking Your Best, So You'd Like To Sew, and Make and Remake are the clothing projects which will be carried.

Looking Your Best will be carried by all the clubs in the county as a group project. The objective of the project is to teach the girl many good grooming practices so that she may improve her appearance to the point where she will look her best.

- ⑤ The following procedure will be used in meeting the objective.

At the first meeting of the year members will rate themselves by checking a prepared form on grooming. This will help them to find weak points in grooming that can be worked on. Demonstrations will be given on Washing A Sweater, Care of the Hair, Skin, Hands and Feet, Storing Clothes Seasonally, and Making Quick Repairs. These will be given by the agent with the assistance of leaders. Members will be encouraged to give short demonstrations. Rating sheets will be checked again in April to see what improvements have been made. In April records will be filled in from the worksheets which the girls will bring up to date each month. In May the clubs will hold good grooming contests.

So You'd Like to Sew will be carried by some girls in small neighborhood groups during the summer. The objective of this project is to teach the girl some of the fundamentals in sewing, which she may apply later in the construction of garments, by having her make simple articles.

The objective will be reached by having the girls equip a sewing box and make four simple articles - needle case, stuffed toy, dish towel, and handkerchief. These demonstrations will be given by leaders who will be trained in a county-wide meeting. Individual assistance will be given by the leaders and agent through home visits. Letters will be written to parents of girls.

Local contests will be held when the projects are completed. Winners will enter the county contest in the fall.

Make Or Remake will be carried by a few older girls as individual projects. The purpose of this project is to have the girl take an inventory of her wardrobe and make a plan for buying, making and remaking her clothes. She will learn to take her correct measurements, buy a suitable pattern, and make a garment.

Instruction will be given by individual assistance from the agent or leader. Written material will be furnished the girls. Girls will enter the county contest in the fall.

### 2. Garden

The garden project will be carried by a small number of girls as an individual project. The objective of the project is to teach the girl some gardening principles and to help produce the family food supply by planning and working a garden.

Instruction will be given individually by the leaders and agent. Written material on gardening will be furnished the members. They will have an opportunity to enter a garden contest in the summer.

### 3. Home Improvement

The projects Your Furnishings and Your Home will be carried by a small number of girls as a result of home improvement work done in previous years.

The objective of the projects Your Room and Your Furnishings is to have the girl make a long-time plan for improvements in one or more rooms in the home, learn some of the principles in house furnishings, and improve the appearance of the home by making these improvements, with the help of the family.

Instruction will be given individually by the agent. One of the girls will enter an area contest in home improvement and another will enter the state contest on Room Improvement.

C. FIELDS IN WHICH YOUNG MEN AND WOMEN'S PROGRAM IS PLANNED

At the present there are no YMW groups in the county, but some years ago there were organized groups in a couple of communities.

The Agent's plan is to visit the people in one of those communities in the spring to see if there is a possibility of reorganizing.

There are a good many young homemakers who are members of the Home Demonstration Clubs. The members have made an effort to plan the program so that it will be of interest to the young homemakers as well as the others. The agent has been told that there is a possibility of organizing a new club in the village of Amherst, made up of young women.

IV. OTHER ACTIVITIES

A. ADULT

1. COUNTY OR COMMUNITY PROJECTS

Certain Home Demonstration County Objectives

The Home Demonstration County Objectives were planned for county and community work. These objectives were made by the Home Demonstration County Committee.

(1) Cooperate with 4-H Club work with emphasis on health.

Home Demonstration Clubs will cooperate with the 4-H Clubs by promoting the Rat-Killing Campaign which the 4-H'ers will sponsor in February.

(2) Promote extension of telephone service throughout the county.

This was an objective last year and will be continued this year.

Telephones are still lacking in many areas of the county. The people realize the need for telephone service so much effort will be put forth on

this objective. A committee will be appointed to make investigations and plans.

(3) Make it possible for business women to participate in the Home Demonstration program.

This will be worked toward by having special night meetings when there are demonstrations of particular interest to business women. It is hoped that a club can be organized in Amherst to meet at night for women who work and young homemakers.

(4) Every member an informed citizen in County, State and National Affairs.

The members will strive to become better informed citizens by doing more reading and listening to reports on current events. Some of the clubs will engage speakers for the topic, "United Nations" for one program.

2. Federation Goal Activities

The Federation Goal, Home and Community Beautification, will be continued in 1954. Much emphasis will be placed on community improvements, keeping in mind public buildings - schools, post offices, and churches. Each club will select a community project for the year. They will begin early to make plans for the project. One month will be declared clean-up month for all the clubs in the county. An Anti-Litter Bug Campaign will be staged so that Amherst can do as much as possible to uphold the slogan "Keep Virginia Clean". The clubs will stress conservation of our natural resources, doing all they can to prevent destructiveness of roadside beauty.

Mrs. Royall Tyler, County Federation Goal Chairman will prepare reports each month for the Club Goal Chairmen to give to the club.

3. National Home Demonstration Week

The Agent hopes that each club can plan some type observation of National

Home Demonstration Week, whether it be a poster displayed, exhibit made, or special program planned. Each club will plan to have one or more representatives at the District Federation Meeting.

#### 4. Special Programs

##### (1) - Institute of Rural Affairs and State Federation Meeting

Attendance at these state meetings makes for a stronger program in the county. Reports from the representatives returning inform the members of projects of the Federation and make them more aware of the strength of the Federation. The agent hopes that the county officers and a representative from as many clubs as possible will be able to attend the meetings.

##### (2) - Continuing Education Center

The clubs of Amherst County plan to give their support to the Continuing Education Center by making a contribution. A committee was appointed at the Fall Planning Meeting to work out a plan by which the clubs might raise funds for the contribution. This committee will meet in January.

#### 5. Amherst County Day

The objective of the program is to provide an opportunity for the Home Demonstration members and other people of the county to get together for an educational and recreational program. This will help to develop good relations between Sweet Briar and the Home Demonstration Clubs since the program is held at the college and planned in cooperation with them. A committee will be appointed by the county chairman to plan a program for the day.

#### B. 4-H Clubs

##### 1. 4-H Club Camp

The 4-H girls will be given the opportunity to attend a week long camp at Holiday Lake in the summer. The camp will help to stimulate interest in club work

and help the club member attending to develop the four H's.

① The agent will announce the date of 4-H Camp in the spring and give each member written information. Old campers will be asked to make short talks on former camps. Letters will be sent containing more information to members filling in applications.

## 2. Community Projects

① Due to the late organization of clubs there will not be sufficient time for many of the clubs to plan and carry through on projects, other than the "Rat Killing Campaign."

① The Rat Killing Campaign is staged for the latter part of January and the first two weeks in February. A talk on the destructiveness of rats and rules of the campaign will be given at the January club meetings. Members will be furnished with receipt books and a week set aside for selling the rodenticide, Warfarin. The Warfarin will be distributed throughout the county during the same period. Awards will be presented club members and clubs. A portion of the proceeds will go towards the National 4-H Club Center.

## 3. County Contest Day

① The Agent hopes that a county contest for girls homemaking projects can be held in the fall. Those members who complete projects in the summer and those who carry individual projects during the year will be eligible to enter. There will be only a small number of contests, but it will be a step toward a larger Contest Day another year.

Winners in the senior division of the contest will compete in Area Contests.

## 4. Lynchburg Farm Show

① Members will be encouraged to participate in the Lynchburg Farm Show by entering exhibits of club work. The agent and leaders will publicize the date of the show and assist members in preparing exhibits.

5. Rural Life Sunday

All clubs will be asked to observe Rural Life Sunday. Ways of observation will be presented to the clubs within sufficient time for a committee to be appointed to work out definite plans for the Sunday. In some clubs it will be possible for a committee of club members, leaders, and minister to work out a program. It is hoped that more clubs will observe the Sunday this year.

C. YOUNG MEN AND WOMEN'S ACTIVITIES

1. Leadership Training Camp

The Leadership Training Camp for YMW will be well publicized. Young men and women will be encouraged to attend.

V. SCOPE OF WORK

A. <u>Organization</u>	No. in <u>1950</u>	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	Goal <u>1954</u>
Number of home demonstration clubs	14	15	16	15	16
Membership	316	348	367	369	375
Number of 4-H Clubs	12	12	13	12	12
Membership	241	215	268	258	225
Number of Young Men & Women's Clubs	3	4	2	0	1
Membership	159	150	55	0	
Community Improvement Clubs					
Membership					
Other Organizations					
B. Number of families reached through:					
Home Demonstration Clubs	755	775	815	850	875
4-H Clubs	233	225	235	250	275

	<u>No. in</u> <u>1950</u>	<u>No. in</u> <u>1951</u>	<u>No. in</u> <u>1952</u>	<u>No. in</u> <u>1953</u>	<u>Goal</u> <u>1954</u>
B. Number of Families Reached Through:					
Young Adult Clubs	169	72	50	75	85
Special Interest Groups	0	2	4	5	10
Result Demonstrations	0	150	150	175	185
* Home Visits	374	390	385	390	400
* Contacts by Club Members	0	250	275	300	325
* Other (newspaper, radio, county meetings, etc.)	115	250	275	300	310
* Estimate number of different families reached through above means	875	900	920	950	965

VI. PLAN FOR USING THE FOLLOWING ORGANIZATIONS TO STRENGTHEN THE EXTENSION PROGRAM IN 1954

A. County Home Demonstration Committee

The County Home Demonstration Committee will meet twice during the year, in the spring and fall. At the spring meeting there will be a check made on progress of the program, business concerning the latter half of the year will be attended to, and special Committees will report. Suggestions and facts will be given Program Development Leaders which will be helpful to them in determining needs of the members from the respective clubs. At the fall meeting the program for 1955 will be planned. At different times during the year special committees appointed from the County Home Demonstration Committee will meet to work on plans for certain projects.

B. County Board of Agriculture

The agent will work with board in doing over all planning for the county.

C. County 4-H Council

Plans are for the 4-H Council to be organized this winter. The time of the meeting would be a fine opportunity for each officer to be trained for

his own particular office. County projects can be carried on more effectively if they are worked through the council. The agent believes that a County Council would be a step toward a stronger 4-H program in Amherst.

D. County 4-H Project Planning Committee

The Project Planning Committee is composed of adult 4-H leaders and two 4-H members from each club. The committee will meet in the summer to decide upon the projects to be carried in the county in 1955. Prior to this meeting the agent or leaders will discuss the available projects with the members. First and second choices will be made by each club and representatives elected to attend the planning meeting.

VII. PLAN FOR LEADERSHIP

	No. in <u>1950</u>	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	Goal <u>1954</u>
A. Home Demonstration					
Number project leaders	130	223	291	294	300
Number federation goal chairmen	13	14	15	15	15
Number of program development leaders	10	12	15		15
Number of result demonstrators	0	9	12		15
Number of meetings at which leaders were trained by specialist	15	5	4	4	7
Number of meetings at which leaders were trained by district agents	2	1	1	1	1
Number of meetings at which leaders were trained by agent	1	8	8	7	2
Attendance at all training meetings	102	236	210	162	210
Number club meetings held by leaders without agent present	60	83	135	110	115
Total number of demonstrations given by leaders	88	95	169		180
Total number of talks or discussion by leaders	0	253	191		200

1. Project Leaders

Two project leaders for each subject in the 1954 program were appointed in the clubs. These leaders will attend the leader training meetings conducted by specialists or the agent. At this time they receive the information needed for preparing and giving the demonstrations at the regular monthly club meetings. The agent will send to the leaders mimeographed sheets of in-

formation pertaining to the demonstration to be distributed to the members.

Demonstrations for which leaders don't receive training will be given by the agent. The agent will be assisted by the leaders in giving these demonstrations. Local persons who are talented in certain work, such as crafts, will be secured to give some demonstrations. The Federation Goal Chairman is to receive written material in each club from the County Goal Chairman to be presented to the club each month. The Program Development Chairman will be trained by the agent at a meeting in the spring, so they might function in each club, finding out program needs.

## 2. Organizational Leader

The organizational leaders are the president, vice-president, secretary, and treasurer of each club.

The president in addition to presiding at the meeting serves as a medium between the club and agent. Each month the agent will send a letter to the presidents informing them of current business to be brought before the clubs. The president advises the agent as to the needs of her club. The presidents are invited to all leader training meetings.

The vice-president presides in the absence of the president. The secretary is responsible for the club correspondence. She notifies members of meetings and is responsible for the summarizing of accomplishment sheets for the club. The treasurer is in charge of club funds.

Information for the organizational leaders is furnished by letters, visits by agent, and at county meetings.

## 3. County Executive Committee

The County Executive Committee is composed of the president, Mrs. Tucker Eubank - vice-president, Mrs. Fred Gottschall - secretary, Mrs. W. L. Patterson - treasurer, Mrs. Frank Bursleigh - Federation Goal Chairman, Mrs.

Roll Tyler - and eight members at large.

Mrs. Tucker Eubank, president, conducts all planning and executive meetings. The executive committee and agent meet before each planning meeting to form policies and recommendations needed for the county. The agent visits the president before all important meetings to discuss plans. The president makes reports on the County Home Demonstration work at District meetings. She represents the Home Demonstration Committee at the Institute Of Rural Affairs and District executive meetings.

The vice-president conducts meetings in the absence of the president. The secretary takes minutes for all executive and planning meetings. The treasurer handles all funds for the County Committee. All officers, as representatives of the Executive Committee, are invited to attend important county meetings.

B. 4-H CLUB

	No. in <u>1950</u>	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	Goal <u>1954</u>
Number of 4-H Club officers	60	60	60		66
Number adult project leaders	23	16	29	30	31
Number junior project leaders	10	30	89	75	80
Number of result demonstrators	1	1	2	3	4
Number of meetings at which leaders were trained by specialist	1	0	0	0	0
Number of meetings at which leaders were trained by district agent					
Number of meetings at which leaders were trained by agent	0	3	3	4	7
Number of meetings at which leaders were trained by personnel in 4-H department					
Attendance at leader training meetings	12	9	80	63	65
Number 4-H leaders trained individually	10	16	20	25	30
Number club meetings held by leaders without agent present	10	75	40	35	40

4-H Club	no. in <u>1950</u>	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	Goal <u>1954</u>
Number demonstrations given by adult leaders	10	176	91	110	115
Number demonstrations given by junior leaders	111	73	92	40	70

Plans for Training and Using All Types of 4-H Leaders in Carrying Out 1954 Program

1. Organizational Leaders

The organizational leaders will receive training through written material, attending county council meetings, and individual help from the agent.

These leaders will assist the 4-H officers in carrying out the business meetings, help organize and work with members on community projects, and help with program plans.

2. Project Leaders

The adult project leaders will be trained in small groups by the agent for demonstrations on the project being carried by the members. Junior leaders will be trained at club meetings to give demonstrations.

The leaders will give some demonstrations and assist with others during the school year. In the summer the leaders will give most of the demonstrations in the absence of the agent. They will also assist members in filling out worksheets and records. They will help with County Contest Day and other contests.

C. Young Men and Women's Clubs	No. in <u>1950</u>	No. in <u>1951</u>	No. in <u>1952</u>	No. in <u>1953</u>	Goal <u>1954</u>
Number club officers	8	8	0	0	1
Number of adult leaders or sponsors	10	2	0	0	1

## ELECTRICITY

Although electricity was not among the major projects, much work was done along these lines. The boys took a special interest in mending cords and repairing irons and other electrical appliances for the home, while the girls made lamps from bottles and other useful articles.

## NATIONAL 4-H WEEK

National 4-H Club week was observed in all of the clubs. At each meeting they are reminded of the fact that each year at this time they want to pause and check up on what 4-H work has meant to them, the number of clubs in the county the number in the state and the total enrollment in other states. We sing songs of the 4-H nature and learn the 4-H prayer.

Each year we try to reach as many people as we can. This we have done for the past three years at the training School. This year we gave a play entitled "4-Hers Grow Graciously" and two other short plays were presented by the 4-H club workers. We had people from four communities present.

©RAT CAMPAIGN

A county-wide Rat Campaign sponsored by the 4-H clubs throughout the county was launched during the month of February. A house to house canvas was made by the 4-H club girls and boys January 25 - 30 taking orders for the bait.

The Rat Dragon was ordered by the County Farm Agent and distributed through the courtesy of the various store keepers in the different communities in the county. People placing orders with 4-H member picked up the bait February 4, 5, and 6.

February 8th was D Day the bait was put out and repeated each night through Feb. 13, . The campaign was quite a success and we hope to continue war on rats and mice until home are rid of them.

Scope of Work	1951	1952	1953	1954	1955
No HD Clubs or Groups	12	12	12	12	12
Membership	220	231	176	196	184
No. 4-H Clubs	12	12	13	13	13
Membership	295	273	303	385	395
No. other families reached	212	206	124	365	
No. of different families	543	462	342	417	
No. community clubs	2	2	2	2	
Membership	38	42	51	60	

COUNTY HOME DEMONSTRATION COMMITTEE

The home demonstration club committee is composed of officer of the home demonstration clubs, plans the program for the year, after each club has decided on what they need. All of the needs are considered and the basic needs are selected. The club this year decided on sponsoring the Home Improvement Campaign, the county Fair, the State Farmer's conference and the trip to the National Home Demonstration Meeting. All of these are accomplished but the County Fair, the fair was discontinued until further notice.

COUNTY ADVISORY BOARD

The county Advisory board sponsors all the county wide activities. This Year the home improvement contest was sponsor by the county advisory board. Mr. C.A. Elliott visited five home and gave instruction as to grading and planting foundations plantings, a number of arborliloe was planted and a few smaller plants.

H.D. Project Leaders	1950	1951	1952	1953	1954	1954
No project leaders (subject matter	18	28	28	40	46	
No. Goal Chairman	12	12	12	12	12	
No. Program Chairman	12	12	12	12	12	
No result Demonstrators	13	15	10	12	8	
No;training meetings by Specialist	1	1	1	3	2	
by District A						
by Agent	9	13	13	12	17	
No;meetings leaders assisted	21	30	32	33	40	
No.dem.By leaders				43	45	
Talks and discussions by leaders	14	32	24	33	48	
Growth of 4-H Project Leaders	36	46	33	36	38	
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No. club officers	36	36	36	26	36	
No.adult project leaders	26	46	36	36	40	
No. result demonstrations	33	40	33	23	34	
No.training meetings held by Spec.					1	
by Dist Agent						
by Agent	39	46	56	46	63	
Attendance at All Leader training						
meetings	36	39	41	46	47	
No. 4-H trained individually	28	37	31	31	27	
No. Club meetings without the agent	37	37	31	27	33	
No Club meetings at which the leader						
assisted	33	43	31	42	34	
no . given by adult leaders						
by juniors	58	45	41	45	63	

Leadership

Adult and junior leaders enjoy working together.

Much of the work is done through the leaders .The agent and four club leaders attended a district club meeting at Lovington Virginia March 24 ,1954 under the leadership of Mr,Duncan and Miss Lucille Graves, The meeting was full of interest and information and we felt that we had a day well spent . We were divided into groups and given subjects to discuss ,after after which we selected our leaders and discussed our subjects we reassembled and gave our findings .the results were interesting and gave us some idea on how to get larger groups together and get over more than one idea where all might be benefited. In addition to this we learned some new songs and games to take back to our leaders who were not present .

We have some good leaders who work with the agent very earnestly and in the agents absence they carry on. whenever there is a question as to who will take the lead in leading a group of girls and boys, or taking them to the Short course or any thing else ,we have the answer in some good leader.

Plan For Training and Using Leaders in Promoting The Young Men And Women's Club Program

If a Young Men and Women's Club is organized leaders will be used to help make and carry out program plans.

VIII. MOST DIFFICULT PROBLEMS IN CARRYING OUT EXTENSION PROGRAM IN

AMHERST COUNTY

1. Lack of Adult Leadership for 4-H Clubs

The Agent plans to visit in the homes of 4-H members and by talking with parents get some suggestions as to prospective leaders. She will keep home demonstration club members informed of 4-H activities thus creating more interest by them.

2. Lack of Older Boys and Girls In The 4-H Clubs

In order that more older boys and girls may remain interested in club work the agent will work closely with members and leaders in planning programs of interest to all ages. The members will be given more responsibilities. Additional junior leaders will be secured. More member demonstrations will be held. A County Council will be organized.

3. County Women Living Widely Scattered and Lack of Transportation

The Agent will encourage members who drive to bring non-drivers to club meetings. The agent will write a weekly news column of information for homemakers. She will distribute as many bulletins and written material as possible.

IX. PLANS FOR WORK WITH OTHER AGENCIES

1. County Health Association

The agent will attend meetings of public interest on health so she will

be able to pass information on to the clubs. The agent will use information and materials, films, and speakers from the Health Department in club work. She will furnish the Health Department with materials from the Extension Service.

2. Cancer Foundation

The agent will distribute materials from the Cancer Foundation to the people of the county. They will be encouraged to take part in drives, etc.

3. Home Economics Teachers and Agricultural Teachers

The agent and teachers will furnish each other with information at times. They will work jointly on projects when there is a need.

4. Lynchburg Farm Show

The agent will assist in lining up exhibitors for the fair. She will assist with plans when there is a need.

5. Junior Woman's Club

The agent will assist with programs they plan for community and county betterment.

6. Tuberculosis Association

The agent will distribute educational materials and encourage the people of the county to attend the mass X-ray clinic and to buy Christmas seals.

7. Schools

The schools will cooperate in arranging a schedule for 4-H meetings and other special meetings.

8. Appalachian Power Company

The agent will plan with the power company on arranging several schools in the county on the 4-H Farm and Home Electric Project. The engineers and home economist will give the greater part of the demonstrations. The Appalachian kitchen will be used at times as a meeting place for Home Demonstration groups.

9. Garden Clubs

The agent will ask Garden Club members to help with demonstrations in the Home Demonstration Clubs. She will furnish them with some landscaping materials.

X. PLAN FOR DEVELOPING GOOD PUBLIC RELATIONS IN THE COUNTY WITH:

A. Elected Representatives

The agent expects to inform county officials of the Extension work in the county. She will give a report to the Board of Supervisors each month.

B. General Public

She will publish newspaper articles to inform the public of Extension work. She will give publicity to the radio. Special-interest meetings will be publicized.

C. Co-Workers

The agent will encourage staff meetings. She will cooperate on as many programs as possible.

D. Commercial Interests

The agent will hope for cooperation in securing certain materials from commercial companies.

E. Other Professional Workers

The agent will attend meetings for professional workers and cooperate on programs planned by group.

XI. PLAN FOR RECORDING PROGRESS AND EVALUATING PROGRAMS AS PLANNED FOR 1954

The agent will refer to the Plan of Work frequently, will endeavor to make monthly reports thorough, encourage accurate 4-H records, and follow

through on all projects undertaken. She will encourage the Home Demonstration Club members to summarize the years' work.

XII. PLANS FOR PROFESSIONAL IMPROVEMENT

A. Organized Study

1. Schools

The agent has no plans at the present.

2. Short Courses

The agent plans to attend the Extension Workers Short Course at

V. P. T. this year

B. Reading Professional Books and Other Publications

The agent plans to read more books this year. She reads magazines regularly so as to become better informed.

C. Membership In Professional Organizations

She will continue her membership in the American Home Economics Association and attend the state meeting.

D. Participation in Programs and Workshops Planned by Other Organizations

If it is possible the agent will take part in such programs and workshops when they are close to her county.



VIRGINIA  
AGRICULTURAL  
EXTENSION  
SERVICE

ANNUAL REPORT  
HOME DEMONSTRATION WORK

1954

Virginia A. Roller

Agent

Amherst

County

TABLE OF CONTENTS

I. Cover	1
II. Title Page	1
III. Table of Contents	2
IV. The County Situation as it Affected the 1954 Program	5
V. Adult Work	5
A. Project Work	5
1. Foods	5
2. House Furnishings	7
3. Home Management	10
4. Clothing	12
5. Garden	13
6. Water Systems	14
B. Federation Goal	14
C. Other Activities	17
1. Community Projects	17
a. Home Demonstration Club responsible for Organization of P. T. A.	17
b. A Club House is Started	17
c. School Lunch Contributions are Made	18
2. County Objectives	18
3. The District and State Federation Meetings; The Institute of Rural Affairs	19
4. Home Demonstration Week	20
5. Amherst County Day	20
6. Rural Life Institute	21
7. Clubs Co-operate in Maternal and Child Welfare Clinics and TB Christmas Seals Contest	21

VI. h-H Club Work	22
A. Project Work	22
1. Clothing	22
2. Food and Nutrition	24
3. Garden	24
4. Electricity	25
B. Other Activities	26
1. Anti-Rat Campaign	26
2. h-H Camp	26
3. h-H Sunday	26
4. Contests	27
5. State h-H Short Course	27
6. National h-H Club Center	27
VII. Young Men's and Young Women's Work	28
VIII. Scope of Work	28
IX. Organizations - How They Functioned in 1954 Program	28
A. County Home Demonstration Committee	28
B. County h-H Council	29
C. County h-H Project Planning Committee	29
X. Leadership	30
A. Contributions of Volunteer Leaders to the Program	30
1. Organizational	30
2. Program Development	31
3. Subject Matter	31
B. Growth of Leadership	32
C. Activities and Accomplishments of an Outstanding Leader	33
D. Activities and Accomplishments of an Outstanding Family	34

E. Activities and Accomplishments of Most Outstanding Club	35
XI. Work in Co-operation With Other Agencies	36
A. County Health Association	36
B. Home Economics Teachers	36
C. Amherst County Schools	36
D. Appalachian Electric Power Company	36
E. Amherst County Churches	37
XII. Appraisal of Year's Work	37

72

IV. The County Situation as it Affected the 1954 Program

The people of Amherst County are divided into different groups according to their ways of making a living. The group of people who devote full time to farming get their income from livestock, fruit (apples and peaches), tobacco, and general farming. A great many people live on small acreage and do only part time farming, receiving the major portion of their income from other types of work. A large number of Amherst residents work in Lynchburg, at the Chemical Plant at Piney River, at the Monroe Railroad Center, and at other small industries in the county. There is a group of people who are newcomers to the county, who are retired. Amherst has a number of old settlers, who are rather wealthy. Due to the many occupational groups, it is difficult to plan a program to meet the needs of all those concerned. The majority of persons participating in club work have only limited money to spend due to the high cost of living. During the year there has been a gradual increase in the number of women going to work outside the home. In the very rural areas homes are scattered and many are a good distance from the highway. Transportation is a problem because the family car is often away during the day or the homemaker does not drive. Communication is limited due to the lack of telephone service in many parts of the county. These things had some effect upon the development of the program.

V. Adult Work

A. Project Work

1. Foods

A contribution was made toward better family living through the work done in foods. Better nutrition for the family is being practiced, now that homemakers have learned to make nutritious

72

desserts, to plan balanced diets for the adult members of the family, and to have better meals throughout the year by making wiser use of the home freezer.

Two monthly demonstrations were given and a special interest meeting was held on foods. The subjects were Nutritious Desserts, Food After Forty, and Making the Most Use of the Home Freezer.

Objectives of this unit on foods were:

1. Get homemakers to prepare desserts which contribute to the food value of the meal.
2. Get more milk and fruit in the diet through desserts.
3. Help people to realize the importance of a good diet for adults.
4. Help people to take off pounds safely by giving aid in preparing low caloriéd dishes.
5. Give information which will enable people to obtain maximum use of the home freezer.

The following procedure was used in carrying out the objectives.

A meeting was held to train leaders to give the demonstrations on Nutritious Desserts and Food After Forty. The Food and Nutrition Specialist was demonstrator to a group of twenty-nine. Following the meeting recipes were selected and enough sheets printed to be made available to all members. The leaders distributed these when they gave the demonstrations at the December and January meetings. The demonstration on desserts was made up of recipes containing much milk and fruit. A part of the demonstration on Food After Forty was a lecture on how to take off pounds safely. It was demonstrated that some dishes could be either low caloris or high caloris depending upon the method of preparation and quantity of ingredients used.

72

All members and other interested persons were invited to attend the county-wide special interest meeting on Making the Most Use of the Home Freezer. The Food Specialist demonstrated freezing prepared and cooked foods. Home freezer record charts were obtained for distribution at club meetings. The agent has included such information on foods in her weekly news column. Two television shows have been given on foods.

As a result of the work in foods three-fourths of the members reporting accomplishments stated that they used the recipes on Nutritious Desserts. One-half reported using the information on Food After Forty. Members also reported passing information on to non-club members. Those members owning home freezers reported freezing:

2020 quarts fruit  
4011 quarts vegetables  
4703 pounds meat

All who attended the special interest meeting on freezing have increased the amount of prepared and cooked foods frozen. Interest was aroused among the Clifford Club members as a result of a few of the members attending the meeting on freezing. Those members who attended were asked to give the freezing demonstration to the club at the club choice meeting. Because of the need to know more about freezing, the subject was included in next year's program as a monthly demonstration. As a continuation of the work done in foods and nutrition, members requested that new facts in nutrition be studied next year, thus a large unit in foods is planned.

## 2. House Furnishings

The unit of study on House Furnishings included two monthly demonstrations on Care and Cleaning of Copper, Silver, Brass and Other Metals, and Care and Cleaning of Floors and Floor Coverings; a special interest meeting on Making Hooked Rugs; and a Workshop on Making Lamp Shades, Refinishing Furniture, etc.

The objectives set up were:

1. Teach how to make simple repairs on metals, thus saving on expenses and increasing the enjoyment of using.
2. Teach the correct methods to use in cleaning metals and the proper storage and care.
3. Teach the correct cleaners and waxes to use on different floors and floor coverings and the methods of applying these.
4. Encourage the buying and use of proper cleaning equipment.
5. Help women to cut expenditures and make their homes more attractive by making lamp shades, refinishing good pieces of furniture and working on various crafts.
6. Help them to have more attractive floor coverings by teaching the making of hooked rugs.

The following procedure was used in an effort to carry out these objectives. Two leaders were appointed from each club to attend the training meeting held in January on Care and Cleaning of Copper, Silver, Brass and Other Metals and Care and Cleaning of Floors and Floor Coverings. The House Furnishings Specialist demonstrated to a group of twenty-four. As a follow-up of the meeting the agent sent a suggestive outline to leaders on how to present the demonstrations. In the metals demonstration, leaders discussed the selection of metals, showed simple repairs, and showed methods of cleaning. Directions for cleaning were printed for distribution to all members. In the demonstration on Care and Cleaning of Floors and Floor Coverings, leaders discussed the finishes

for floors, showed the methods of cleaning, and showed how to shampoo rugs. Buying and using good equipment was stressed as a means of saving time and energy. Leaflets were distributed to members. News articles were published.

The Special Interest Hooked Rug meeting was attended by nineteen people. The Rural Arts Specialist demonstrated designing the hooked rug and discussed the dyeing of woolens for hooking. Those attending copied designs and some transferred the design on to the burl. Leaflets on rug hooking were distributed.

Each of the clubs held an all-day workshop in September on making lampshades, refinishing furniture, caning chairs, or hooking rugs. Leaders who had been trained in previous years instructed members on refinishing furniture and caning chairs. They assisted the agent with the workshops on lampshades. Polyplastex synskyn and parchment was ordered at economical prices for making the shades.

As a result of the unit of study in house furnishings, family living has been bettered. Families derive pleasure from having furnishings well kept. They have been able to replace some of the old furnishings by learning crafts. After obtaining the information, money was saved by making simple repairs on metals and making the cleaners. Since the demonstration on floors, there have been 42 floors refinished, 39 persons have bought new cleaning equipment, and 49 persons have used the method recommended for shampooing rugs.

Following the special interest meeting on hooked rugs, two clubs requested help on designing rugs as a workshop meeting. More help on shading and hooking has been requested. There seems to be a gradual increase in interest throughout the county. Hooking for some has proven

to be a hobby as well as a means of beautifying the home. During the year 17 rugs were hooked and 11 others started.

The making of lampshades was a means by which homemakers could replace old shades economically. Refinishing furniture and caning chairs added to the beauty of the home. There were 74 lampshades made, 90 pieces of furniture refinished, and 25 chairs caned.

### 3. Home Management

Two months were devoted to work on the Laundry Unit, including the Family Wash and the Family Ironing. Insurance Policies was the subject of one month's demonstrations.

Objectives in the home management study were:

1. Give the homemaker information on improving the laundry unit that she might apply and thus save time and energy in doing the family laundry.
  - a. Show good arrangement of laundry equipment.
  - b. Study different types of laundry equipment.
  - c. Get one result demonstration on the Laundry Unit in each club.
2. In the clubs study soaps and detergents and methods of doing the family wash.
3. Study short cuts in family ironing and best methods.
4. Help people to realize the importance of carrying ample insurance and inform them as to what to look for in a policy.

The procedure used in carrying out these objectives was to appoint two leaders from each club to attend a meeting to receive training for giving the demonstrations on Family Wash and Family Ironing. The Home Management Specialist demonstrated to leaders

72

from eight clubs. The agent gave individual instruction to some of the leaders not present at the training meeting. She gave the demonstration to clubs whose leaders were not trained either at the training meeting or individually. Leaders distributed the circular, "The Easiest Way to Iron a Shirt", as a follow-up of their demonstrations. One of the leaders and the agent bought adjustable ironing boards which were used to demonstrate sitting to iron. One of the club members demonstrated sitting and ironing a shirt by the recommended method as a TV program. News articles have been written throughout the year on laundering.

In preparation for the subject on insurance policies - health, life, property, etc., a meeting was held for club leaders. Two representatives from the Lynchburg Association of Life Underwriters were obtained as speakers. The ten leaders attending took the information back to the local clubs. Clubs not having representatives at the meeting had already engaged local persons to speak at their meetings. Written material from VPI was available for the clubs. A movie was secured and shown in several of the clubs.

As a result of the study in home management, members are better informed on arrangement of the laundry unit, the use of soaps and detergents, and the starches and bleaches available. Members gained information on sprinkling and folding garments for ironing and points on ironing. Members now know how to save time and energy in doing the laundry and at the same time have better products. There were 94 persons reporting the use of laundry information. There were 40 who have practiced sitting to iron.

39  
72

Since the study on insurance the women are better informed on what to look for in an insurance policy. They have some knowledge of types of policies available and the varied purposes of insurance. Approximately 160 persons were reached at these meetings on insurance.

h. Clothing

Two monthly demonstrations were on clothing. The subjects were Buying Coats and Suits and Finishes for Children's Clothes.

The objectives of this unit on clothing were:

1. To teach how to check the fit of coats and suits when buying them.
2. To teach how to make the best buys in coats and suits, keeping in mind fabric, line, suitability, etc.
3. To teach more finishes for children's clothes so as to make them more attractive, give them variety, and make them practical.
4. To encourage mothers to make children's clothes so as to cut money spent for clothing.

The procedure for carrying out these objectives consisted of the appointment of two clothing leaders in each club. A leaders' meeting was held to train leaders to give the two demonstrations. The clothing specialist demonstrated to leaders from nine clubs. The leaders used a flannelgraph board, pictures from magazines, charts, suits and coats showing good and poor buymanship, and samples of finishes, as tools in presenting the subject matter. The agent gave a television show on buying suits. News articles were written on clothing.

72

Resulting from the clothing study is a gain in knowledge by members of what to consider when buying coats and suits. The information was given in the fall when many women were buying, so some fifty persons have already reported that it has aided them in making wise purchases. Members learned at the meetings to make some of the finishes that were shown for children's clothing. Realization that self-help features on children's garments help to promote the development of the child will cause women to consider these features when buying or making clothes. New ideas on let-out features for garments were also gained by the 140 women attending the November meetings. As a continuation of clothing work done in previous years there were 143 garments reported as tailored and 831 made.

#### 5. Garden

A limited amount of work was done in vegetable gardening.

The objectives were:

1. To help people map out plans for the garden.
2. Inform them as to fertilizers - proportion and when to apply.
3. Help them to obtain latest information on varieties of seeds and when to plant.

The following procedure was used in an effort to reach the objectives. A special interest meeting was held. It was publicized at club meetings, by radio, and by press. The garden specialist presented the information at the meeting. Garden manuals were distributed to the clubs desiring them - about one-third. Short talks were given in some of these clubs.

The special interest meeting was attended by six persons. The small attendance is believed to have been partly due to the fact

that this was the last of three county-wide special interest meetings that had been held within a period of two weeks. Some garden information was gained by the short talks given in some of the clubs. News articles were another means of furnishing information.

#### 6. Water Systems

Due to the fact that there are still many homes in the county without water systems, some work was planned on this project. A planning meeting was held with representatives from the local power company, the Health Department, and with water system dealers. Co-chairmen were appointed to head the program in the county. The State Water Systems Contest was publicized by home demonstration clubs, radio, and newspaper. These entries were judged by a committee. In each community where there is a home demonstration club, a list was made of families without water under pressure. A survey will also be made in the 4-H clubs. Work on the water systems program will be continued next year. Eight club members did report installing a water system and bathroom this year.

#### B. Federation Goal

This was the second year that the Federation Goal, Home and Community Beautification, was carried. The work was continued because there were many additional improvements which needed to be made around the home. Very little community improvement was included in the first year's program so this was stressed in an effort to make communities more attractive, and to get people to take more pride in keeping them that way.

The following program was planned.

December - "Light a Candle for Peace"  
Outdoor decorations

January - Plan a Community Project

February - Place Names and Signs

- March - Plan a garden contest
- April - Clean up week - garden tour
- May - Clean up a cemetery for Memorial Day  
Plant exchange
- June - Historic landmarks in community or community dumps
- July - Use of native shrubs and vines
- August - Trip into woods or to a lake - for recreation
- September - Work with h-H clubs - preparing for Fara Show
- October - Make a dried arrangement (go to the Fara Show)
- November - Put the garden to bed - report on community achievements

Mrs. Royall Tyler, County Goal Chairman, wrote very informative letters to the Club Goal Chairmen on each of the monthly subjects. Each Club Chairman in turn presented the material to her club at the monthly meetings.

In addition to the material from the letters, other information was given and work done by the following methods: Catalogues with illustrations of place signs and mailbox nameplates were shown in all the clubs. Local stores were named from which these signs could be bought. Promotion of more plantings was done through the club plant exchange. Clean-up of communities was encouraged by securing anti-litterbug charts and stickers for distribution in each club. Charts were posted at schools, stores, and other public buildings in the respective communities. The stickers were used on cars. Clubs were encouraged to make plans early for conducting a community project. Mrs. Tyler made three large posters on goal work for exhibition at Amherst County Day. She used enlarged pictures taken of scenes in the county. One poster showed entrance improvements, including mailboxes and place signs. Another poster was on community projects, and the third on cleaning up the county, stressing the importance of cooperating

in the anti-litterbug campaign. The posters were later shown in all the clubs. At the end of the year a home grounds improvement check sheet was given each member for her own use.

Many members have remarked throughout the year how much they have been inspired by Mrs. Tyler's beautifully written goal letters. Following is an account of some of the work done:

- 121 made plantings around the home
- 63 cleaned the home grounds during Clean-up Week
- 35 placed names on mailbox or erected place sign
- 40 gathered materials for dried arrangements

The Asherst Club had a display of table arrangements at its September meeting. Flowers came from gardens of the members.

The people of the county became more conscious of roadside litter through the discussion of the anti-litterbug drive in the clubs and the viewing of the posters around public buildings. Hundreds of people saw the charts that were posted on clean-up and beautification on Asherst County Day.

Some beautification work was done through community projects. The Pedlar Mills Post Office was transformed into a very attractive building by the application of paint to the exterior, the placement of window boxes containing many colorful flowers, and the printing of the name of the building over the door. The Pedlar Mills Home Demonstration Club was responsible for this work. The Clifford Club worked in cooperation with the PTA in planting shrubs at the school. The shrubs were donated by persons in the community. A day was set for the planting by the committee. The Lowesville Club made improvements at two of the community churches. The grounds were cleaned, the driveway and parking areas improved, picnic tables built, and at one of the churches an old

72

building was torn down and the grounds cleared. Several of the clubs took the cleaning of cemeteries as their project.

C. Other Activities

1. Community Projects

a. Home Demonstration Club responsible for organization of PTA

The Wright's Shop Home Demonstration Club recognized the school's need for community support. A PTA seemed the logical answer to such a need. A delegation from the club visited the teachers of the elementary school in the Wright's Shop community and talked the matter over with them. The teachers were very much in agreement with club members. While organization was being talked up in the community, the club undertook some projects on its own at the school, such as tuning the piano.

Parents were invited and encouraged to attend an organizational meeting. A PTA was organized in the fall. The Home Demonstration Club will continue to work closely with the organization for awhile.

b. A Club House is Started

The Madison Heights Home Demonstration Club has been raising funds for a club house for a number of years. Money-making projects such as lawn suppers, auction sales and card and bulb sales were carried on. By last summer sufficient funds had been raised to start the building. The Garden Club in Madison Heights is working with the Home Demonstration Club on this building project. The building has a large meeting room with kitchen in one end. A furnace is being installed. The local power company is giving a range for the kitchen. The building, which is almost completed, will be used for club meetings and other community activities.

c. School Lunch Contributions are Made

The Asherst and Clifford Clubs continued their work with the school lunch program this year. Each year the clubs raise funds by various means and furnish free lunches to the needy children in the schools. The Asherst Club furnished lunches for 15 children last year.

2. County Objectives

The following are the county objectives:

a. Sustained program of study of United Nations.

Persons from Sweet Briar College and University of Virginia, and some local people, were secured to speak to seven of the clubs at the April club meetings on the organization of the United Nations and how it affects us. Two of the clubs held night meetings so families could attend. The Elon Home Demonstration Club had short talks by members at other Home Demonstration Club meetings on this subject.

b. Continue emphasis on Federation Goal.

The Goal work was reported under V-B

c. Cooperate with h-H Club work.

Some scholarships to h-H Camp were made available by Home Demonstration Clubs. The clubs helped to publicize the anti-rat campaign conducted by the h-H clubs. Most of the leaders for h-H Clubs are home demonstration club members.

d. Promote extension of telephone service throughout the county.

This has been an objective of the clubs for several years. Lack of telephone service has been of great concern to clubs. They have used influence whenever possible, to promote extension of lines. Recently, lines have been extended into the Bellevue area.

There is a great possibility that people in some other parts of the county, now without the service, will soon obtain it.

e. Make it possible for business women to participate in Home Demonstration work.

Night meetings are held by clubs occasionally so business women can attend. Extra leaflets on demonstrations are sometimes provided for those who are unable to attend meetings.

f. Every member an informed citizen in county, state, and national affairs.

Members were asked to take this as an individual goal. Through the clubs, however, members were encouraged to do more reading. Time was given to study of the United Nations.

g. Every club contribute to the VPI Continuing Education Center.

A committee was appointed to make a plan for raising funds. It was the decision that each club would work individually on the goal. The clubs used various means by which to raise the money. The county made a total contribution of \$200 toward the Center.

### 3. The District and State Federation Meetings; The Institute of Rural Affairs.

The District Home Demonstration Meeting was held in Apopattox on April 4. Thirty-five women from Amherst attended. Mrs. Royal Tyler, County Goal Chairman, gave a report on goal work in the county. Mrs. Ben Wallis headed the panel discussion on goal work in the district. This meeting afforded a splendid opportunity for members to exchange ideas with women from other counties.

Prior to the meeting, Mrs. Walter Tucker, Chairman of the District Nominating Committee, met with the other members of her committee to line up the slate of officers.

72

The State Federation Meeting and Institute of Rural Affairs were attended by the County Chairman, four other women, and the agent. Mrs. Ben Wailles reported on the meeting of the Country Women of the World, which she attended as an official delegate. At the Fall Planning Meeting, Mrs. J. W. Bruner, county delegate, gave a report on the State Meetings. These meetings are a means of keeping the clubs informed on the work of the Federation.

#### 4. Home Demonstration Week

Observation of Home Demonstration Week included some newspaper publicity, a TV program, giving facts and showing pictures about extension work in the United States and other countries, and a major part on the Amherst County Day program. The District Home Demonstration Meeting was held during this week and was attended by thirty-five women from Amherst.

#### 5. Amherst County Day

The Home Demonstration Clubs have a major part on the Amherst County Day program each year. The Day is held at Sweet Briar College for all county citizens. The part of the program for which the club women were responsible was a Dress Revue, a talk on Health, and a Federation Goal exhibit.

The agent attended two committee meetings for planning of the over-all program. A committee meeting was held for planning the Home Demonstration Program and a Dress Revue rehearsal was held.

Twenty models furnished by Home Demonstration Clubs modeled homemade and ready made outfits in the Dress Revue. Participation was good as eleven clubs had models in the Revue. Some mother-daughter outfits were modeled. The purpose of the Dress Revue

34  
72

was to show wise selection and construction and wise buymanship in clothes.

The subject of the health talk was "Keeping Young After Forty." The speaker was Dr. T.B.H. Anderson, husband of one of the club members. The subject was in keeping with the nutrition work included in the county program.

The Federation exhibit was related to the work that was being done on the Goal, Home and Community Beautification.

Approximately one hundred attended the Dress Revue and health talk. Many others saw the Federation Goal exhibit.

#### 6. Rural Life Institute

A Rural Life Institute was held for the purpose of familiarizing rural ministers and certain agencies with each others work.

The Institute was planned by a committee of ministers, the county extension agents, and the Extension Rural Sociologist. The Institute consisted of an all day program with the morning session being a discussion on the work of the Welfare and Forestry Departments. The afternoon session was a discussion on problems of the rural church.

Persons attending felt the Institute was very beneficial to them. All expressed a desire for another next year.

#### 7. Clubs Co-operate in Maternal & Child Welfare Clinics and T. B. Christmas Seals Contest.

Home Demonstration Clubs were told of the work of the Maternal and Child Welfare Clinics at the September meetings. For some years the clubs have been the main financial support for these clinics. Clubs contributed to this fund again this year. The average contribution was \$5.00.

The clubs participated in a T.B. Christmas Seals Contest. The purpose of the contest was to encourage the use of more T.B. seals by showing the use of them for attractive gift wrappings.

Each club wrapped a package, using the seals, and included a gift for the T.B. patients from the county. The packages were judged and ribbons awarded. They were then displayed in an Amherst store window.

#### VI. 4-H Club Work

##### A. Project Work

##### 1. Clothing

Looking Your Best, So You'd Like to Sew, and Make or Remake, were the clothing projects carried during the year.

Looking Your Best was carried by all the members in the county. The objective of the project was to teach the girl many good grooming practices so that she could improve her appearance.

The following procedure was used in an effort to meet the objective. Project instruction was not started until December due to the absence of an agent. In December, members were given grooming rating sheets to check. Other demonstrations which followed were: Washing a Sweater, Care of the Hair, Care of the Skin, Hands, and Feet, and Storing Clothes Seasonally. Demonstrations were given by adult leaders who had been trained individually by the agent, by members, and by the agent. Records were completed at the May club meetings.

Many improvements were made in personal grooming, resulting from instruction given in the project. Members reported washing 1059 sweaters. There were 173 members reporting in May that they had stored their winter clothes for the season. Of the 244 enrolled

in the project, there were 217 to complete.

During the summer months sewing meetings relating to the So You'd Like To Sew Project, were held by six project groups. The objective of the sewing instruction was to teach the girl some of the fundamentals in sewing, which could be applied later in the construction of garments.

The meetings were held in schools, in parish houses, and in homes. In some of the groups, project leaders assisted the agent in giving the instruction. The members brought sewing materials and did most of the article construction at the meetings. Articles that were made included pin cushions, needle cases, towels, stuffed toys, and baby bibs.

Of the fourteen girls enrolled in the project, ten completed. There were many other members not enrolled in the project, who made articles. The articles made were 56 pin cushions, 26 stuffed toys, 11 aprons, 24 dish towels, 6 laundry bags, 6 needle cases, and 4 baby's bibs.

The majority of the girls had never operated a sewing machine before this summer, so a great feeling of achievement came from learning something of this operation. Interest in sewing was aroused through the summer meetings, therefore, the agent feels that more girls will enroll in clothing projects next year.

The Make or Remake Project was carried by a group of high school girls who had not belonged to the H-H Club for some years. Under the leadership of Mrs. Walter Carter of Asherst a group of nine girls organized a sewing project group in June and since that time have been meeting twice each month.

The objective of the work done in the Make or Remake Project

72

is to teach the girl to make a plan for buying, making and remaking her clothes, and to teach her to take correct measurements, buy a suitable pattern, and make a garment.

This objective was reached by the leader giving demonstrations and much individual help to the girls. The girls have made a total of 18 garments at a total cost of \$44.23. The group has made much progress and will continue to meet next year.

## 2. Foods and Nutrition

The Food Preparation Project was carried by three project groups during the summer. The objective of the project was to teach the girls something about meal planning and some cookery principles.

Leaders were trained individually. Instruction was given to the groups by the leaders and agents. Member demonstrations were given also. Subjects studied were table setting, milk dishes, salads, vegetables, meats, desserts, refreshments, and meal planning.

Fifteen girls enrolled in the project. Of this number nine completed. Some of the dishes that girls reported preparing and cooking were: 160 meat dishes, 46 salads, 60 vegetables, and 230 desserts.

All three project groups had adult leadership. Some of the meetings were held without the agent being present. Contests were held at the completion of projects. Demonstrations were given by the members - a new experience for most of them.

## 3. Garden

The garden project was carried by nine of the girls as an individual project. The objective of the project was for the girl to learn some gardening principles and to help produce the family food supply by planning and working a garden.

72

Instruction was given individually by the agent. Written material was furnished the members on gardening. The gardens were scored in the summer and fall when the garden specialist and agent visited them.

Of the fourteen members who enrolled in the project there were nine who had gardens. Eight of these nine completed. The profit on all the gardens was reported as \$561.33. These eight girls entered the Sears Roebuck Contest. County awards were made in the contest. Janice Campbell of Clifford was fourth place winner in the district.

#### 4. Electricity

The Para and Home Electric Project was carried by a group of Madison Heights 4-H Club members. The objective of the project was for the members to learn about the uses of electricity, how to care for electrical appliances in the home, and how to make simple electrical repairs.

Arrangements were made for instruction to be given during school time in four two-hour classes. The instruction was given by the representatives of the local power company and the agents. Member demonstrations were given. Much written information was distributed.

The class was well accepted and many members benefited from the instruction. Of the 36 enrolled, 12 completed. The agent feels that more follow-up work after classes were held, would have been advisable. In 1955 the project instruction will be given at regular club meetings. The boy and girl winner in the project attended the State Electric Congress.

72

B. Other Activities

1. Anti-Rat Campaign

The h-H Clubs were sponsors of an Anti-Rat Campaign. The objective was to sell as much of the warfarin bait as possible, therefore, making a concentrated effort to ride the county of rats.

The agents explained the procedure for selling the warfarin bait. Members were told how to make bait stations and were given written material explaining the method. Club members took orders for the bait, but purchasers obtained the bait by presenting their receipt at a designated local store.

The agents feel that much educational work was done by the clubs conducting this project. Approximately 200 pounds of warfarin bait was sold.

2. h-H Camp

h-H Camp was held at Holiday Lake the week of July 5. Members from four other counties and Amherst camped together.

To stimulate interest in h-H Camp, former campers were asked to speak at h-H meetings in the spring, on their experiences at camp. Letters giving camping information were distributed to all members. Application blanks were given to members to be returned at the May club meeting or mailed to the agents a month in advance of camp.

Twenty-five members, two adult leaders, and the agent attended camp. Members had classes on highway safety, photography, fishing, wildlife, banking, swimming and handicraft. They participated in supervised recreation. They learned good sportsmanship through the many camping activities.

3. h-H Sunday

Through observation of h-H Sunday, club members and church members get a better understanding of how h-H Club work promotes the spiritual development of the child.

Information and material on h-H Sunday was given the adult leaders.

Leaders arranged with ministers the participation of club members in the church service on h-H Sunday. In clubs where there was no leader, the agent visited the minister to make arrangements. Members took part in the service at five churches located in different communities on h-H Sunday.

#### 4. Contests

The District Home Improvement Contest was entered by Mary Anna Stratton, of the Temperance Senior h-H Club. She was a blue award winner and placed second in the contest.

A County Foods Contest was entered by members from Pleasant View and Temperance h-H Clubs. Members were judged on records and demonstrations. Betty Tomlin, winner in the Dairy Foods Contest, and Peggy June Campbell, winner in the Food Preparation Contest will enter the district contests.

#### 5. State h-H Short Course

The State h-H Course is a means of encouraging h-H Club members do better work.

Two outstanding club members, Mary Anna Stratton and Peggy June Campbell attended the Short Course. Also attending was Mrs. Atwell Carpenter, Jr., Pleasant View h-H Club leader. The Short Course afforded an opportunity for girls to get training in several classes pertaining to club work. They came back to their clubs inspired to do more and better h-H work. It was the first time for some years that an adult leader had attended a Short Course. She has made many valuable suggestions toward club work since returning.

#### 6. National h-H Club Center

The National h-H Club Center was a project the clubs took part in last year. Members were asked to make individual contributions, and clubs were asked for contributions. Proceeds from the sale of warfarin bait helped clubs to make contributions.

The county contributed \$45.50 toward the Center.

VII. Young Men's and Young Women's Work

It is rather difficult to reach the young women of the county for various reasons. Some are in college, others are working, and many are married with young children, which prevent them from attending club meetings regularly. A good many are reached, however, through the home demonstration clubs. In this way they are helped with many homemaking problems. Members help by passing information on to those unable to attend meetings. Young homemakers sometimes call on the agent for individual help.

VIII. Scope of Work

	<u>1950</u>	<u>1951</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>
No. HD Clubs or Groups	14	15	16	15	15
Membership	316	348	367	369	300
No. h-H Clubs	12	12	13	12	10
Membership	241	215	268	248	244
No. other families reached	250	189	220	250	255
No. of different families reached	841	1114	1150	1250	1000
No. community clubs	0	0	0	0	0
Membership	0	0	0	0	0

IX. Organizations - How They Functioned in 1954 Program

A. County Home Demonstration Committee

The County Home Demonstration Committee is the planning and executive body of the home demonstration clubs in the county. The presidents of the home demonstration clubs and six members at large constitute this committee. The Committee met twice during the year.

At the spring planning meeting a check was made on the progress of the program and plans made for the work for the remainder of the year. Amherst County Day, The District Home Demonstration Meeting, The State Federation Meeting, and Institute of Rural Affairs were some of the meetings discussed. The Year Book and Nominating Committees were appointed. Program planning for 1955 was discussed by the District Agent.

72

The County Committee and the Program Development Chairmen met again in August. At this meeting the year's work was reviewed and a program planned for the new year. After a good discussion was held on county needs, the project work was planned, county objectives set up, and a new Federation Goal selected. Twenty-four attended the meeting.

The County Committee draws up the final Home Demonstration Program for the county and promotes the work throughout the year. It is most important to the success of Extension Work in the county.

B. County h-H Council

There was no County h-H Council to function during the 1954 club year. Realizing that a Council is essential for good club work to be conducted, one was organized in November. Officers of all the h-H Clubs constitute the membership of this council. Leaders serve in an advisory capacity. The twenty-nine club officers attending the organizational meeting were trained for their respective offices, council officers were elected, and county goals set up for the new year. It is believed that the Council will do much to strengthen the h-H program in the county.

C. County h-H Project Planning Committee

The County h-H Project Planning Committee is composed of adult h-H leaders and two member representatives from each club. The Committee meets annually to plan the h-H project work for the new year.

Prior to the planning meeting two member representatives were elected in each club. The agent discussed the available h-H projects. Needs of members and suitability of meeting place for instruction was considered when projects were reviewed. The clubs voted on a first and second project choice.

When the Planning Committee met in August, representatives presented club choices. The group project selected to be carried by all club members was The L-H Electric Project. Homemaking projects were selected to be carried in community project groups. Demonstrations for the projects were chosen. Suggestions for contests and tours were made.

#### X. Leadership

##### A. Contributions of Volunteer Leaders to the Program

###### 1. Organisational

The officers of the home demonstration clubs are the organisational leaders. The success of a club is largely dependent upon the efficiency of the officers. The president in addition to presiding at the meeting serves as a medium between the club and agent. She advises the agent as to needs of her club. Each month the agent writes the presidents of business of concern to all clubs. The president adds local club business to this list, and brings it before the Club. The presidents are invited to all leader-training meetings and often attend. The presidents appoint the project leaders and have the responsibility of encouraging them to attend leader-training meetings.

The vice-president, secretary, and treasurer, help the president in making business decisions. The secretaries have contributed much by sending meeting notices and providing agent with special mailing lists. The treasurer, in addition to regular duties, gave much assistance in the Continuing Education Center fund raising project.

The organizational leaders of the h-H club contributed to the work of the h-H clubs by assisting with special projects and programs. They worked with ministers of local churches in

arranging the observance of h-H Sunday. They assisted clubs with plans for the sale of warfarin for the Anti-Rat Campaign. They helped with h-H Camp, State Short Course, and organization of the h-H Council.

## 2. Program Development

A program development leader was appointed in each home demonstration club to help plan the county program. During the year the leader was watching for needs of her club. At the June club meeting she presented to the club outlook information. This helped in getting a club discussion on program suggestions. A list of suggestions were made. Chosen at the July meeting were the three subjects with which the greater number of members needed help. The leader presented these suggestions at the Fall Planning Meeting. The program development leaders assisted the County Committee in planning the final program for the county.

In each h-H club each year two members are elected to attend the h-H Project Planning Committee Meeting to help develop the program.

## 3. Subject Matter

Two project leaders for each subject in the 1954 home demonstration program were appointed in the clubs. Leader-training meetings were held for these leaders. At this time they received the information needed for preparing and giving the demonstrations at the regular club meetings. Leaders who were absent from the leader-training meetings were trained individually by the agent to give the demonstration, or they assisted the agent in giving the demonstration. Being familiar with the needs of the members in her club, the leader is able to present information in the

way that it will be of greatest benefit to the members. By leaders giving demonstrations, the agent is free to do other work on some club meeting dates.

Subject matter leaders for the 4-H Clubs assisted the agent with demonstrations and gave some of them when she was unable to attend the meetings. During the summer they worked with the agent in giving project instruction. Those working with the food project groups helped to get supplies together and provided their homes as meeting places.

B. Growth of Leadership

<u>HD Club Project Leadership</u>	<u>1950</u>	<u>1951</u>	<u>1952</u>	<u>1953</u>	<u>1954</u>
No. Project leaders (subject matter)	130	223	291	294	443
No. goal chairmen	13	14	15	15	14
No. Program Development Leaders	10	12	15	15	13
No. result demonstrators	0	9	12	15	0
No. training meetings by specialists	15	5	4	4	8
by District Agent	2	1	1	1	1
by Agent	1	8	8	7	
Attendance at all training meetings	102	236	210	162	152
No. Meetings without an agent	60	83	135	110	51
No. meetings leaders assisted	80	65	34	55	66
Demonstrations by leaders	88	95	169		74
Talks and discussions by leaders	0	253	191		390

Growth of 4-H Club Project Leadership

No. club officers	60	60	60		60
No. adult project leaders	23	16	29	30	10
No. result demonstrators	1	1	2	3	1
No. training meetings held by specialists	1	0	0	0	0
by agent	0	3	3	4	1
by dist. agent					0
by member club dept.					0
Attendance at leader training meeting	12	9	80	63	6
No. 4-H leaders trained individually	10	16	20	25	10
No. Club meetings held by leader without agent present	10	75	40	35	28
No. of additional club meetings at which leaders assisted					29
No. demonstrations given by adult leaders	10	176	91	110	19
by juniors	111	73	92	40	29

72

C. Activities and Accomplishments of an Outstanding Leader

Mrs. Royall Tyler, a member of the Pedlar Mills Home Demonstration Club, has probably contributed more toward Extension Work this year than any other club member in the County. She has been a county leader as well as an organizational and subject matter leader in her club. Her accomplishments have been many.

As County Federation Goal Chairman, she sent beautifully written letters to the Club Goal Chairmen each month. The agent could always expect to receive the third week in each month the letter from Mrs. Tyler to be mimeographed and sent to all Goal Chairmen. Her letters inspired many club members to do work in home and community beautification. In preparation for a Goal exhibit she got another club member to drive her around the county to get pictures of mail box and entrance improvements and community projects. She then made picture posters. She has given reports at the District and County Planning Meetings.

Being a fine seamstress, she has served ably as a clothing leader of her club. She attended the leader-training meeting on "Buying Coats & Suits" and "Finishes for Children's Clothes." The agent attended the meeting at which she gave the demonstration on "Finishes for Children's Clothes" to her club. Not only had she found pictures to illustrate points in the demonstration, but she had made many of the finishes suggested. For a Dress Revue sponsored by the HD Clubs on Asherst County Day, Mrs. Tyler arranged for her twin grand daughters to model coats which she had tailored for them.

Mrs. Tyler works hard and gives much to the home demonstration program, but she also has the ability to get others to work. Under her leadership as president, the Pedlar Mills Club has achieved a great deal this year.

D. Activities and Accomplishments of An Outstanding Family

The activities of the Stratton family continue to increase. The accomplishments are due to many years of work by Mr. and Mrs. Frank Stratton and their daughter, Mary Anna, who live near Lowesville.

The family income is from general farming. The Strattons live in an attractive home which was made that way through the interest and work of the family. Improvement of the home became a major project of the family when Mary Anna became active in h-H Club work. She enrolled in the Home Improvement Project and with the co-operation of the family, made improvements in the living room, two bedrooms, and the bath. The kitchen is her immediate project. Furniture has been refinished, rooms painted, draperies, slipcovers, and rugs made, and simple pieces of furniture constructed. Much study, work, and good taste has gone into furnishing the home.

Mary Anna has carried many other projects and is an outstanding club member. She is president of her club and was recently elected president of the County h-H Council. Mr. Stratton co-operates in taking his family to h-H and other community meetings. Mrs. Stratton is a leader for the Temperance h-H Clubs. Occasionally, Mr. Stratton, too, takes a part in the meetings.

Mrs. Stratton is an active Home Demonstration Club member, and was recently elected president of the club. The P.T.A., American Legion, and church activities take a portion of the family's time.

It is a pleasure to visit in the Stratton home where one

is so graciously received. One quickly observes that many sound homemaking practices are being used. The Strattons are an example of how a family can accomplish much and live happily on an average income.

F. Activities and Accomplishments of Most Outstanding Club

The Pedlar Mills Home Demonstration Club is to be recognized for its successful year of club work. The club has co-operated well in all activities relating to the planned county program. In addition to this, it has undertaken extra projects.

The club has a membership of twenty-five. Two new members joined during the year. The percentage of attendance at meetings is high. The club was represented at all leader-training meetings this year. Eight of its members attended the District Federation Meeting. The club was represented at both County Planning Meetings. Four models were furnished by the club for the Dress Revue at Asherst County Day. The club made a contribution of \$25.00 to the Continuing Education Center. The club has also made contributions to other projects during the year. Special interest meetings were decided upon and arranged for without the agent's help. A part of the demonstrations at the crafts meeting in September was given by leaders in the club who had been trained in previous years.

For the community project under the Federation Goal, Home and Community Beautification, the club decided to improve the Pedlar Mills Post Office. It would hardly be recognized now as the same building. It was painted and window boxes with flowers were added.

The club has excellent leaders. The members put a lot into club work, so therefore, achieve much.

72

XI. Work in Co-operation With Other Agencies

A. County Health Association

The agent has attended Health and Welfare Council meetings. Home demonstration clubs have worked with the Health Department on several projects during the year. The clubs gave financial support to the Maternal and Child Welfare Clinics. The T.B. Chest X-ray Clinic was publicized through the clubs and the clubs took part in T.B. Christmas Seals Gift Wrapping Contest. The Health and Welfare Council provided speakers for the clubs on the subject, "How a County Obtains a Book Mobile." The movie, "Self-Examination for Breast Cancer", was obtained and shown in two clubs by the Sanitation Officer. Home demonstration clubs use the lecture hall of the Health Building for meetings.

B. Home Economics Teachers

The agent sends copies of new Extension bulletins to the home economics teachers. Questions pertaining to home economics subject matter are sometimes discussed with the teachers.

C. Amherst County Schools

School officials have been very co-operative in scheduling h-H meetings. Arrangements have also been made in communities where summer h-H meeting places are needed, for clubs to meet in school buildings. Home Demonstration Clubs have sponsored school lunches for needy children in some of the schools. One of the clubs has recently helped to organize a P.T.A.

D. Appalachian Electric Power Company

The home demonstration clubs have used the Appalachian kitchen for county food leader-training meetings. The engineers worked with the agents in conducting classes of instruction in

the h-H Electric Project at Madison Heights High School.

E. Amherst County Churches

The churches have been very co-operative in permitting home demonstration and h-H Clubs to use the church kitchens for food demonstrations. Ministers worked with Extension Agents in planning and conducting a Rural Life Institute.

XII. Appraisal of Year's Work

The extension program has done much for the people of the county this year. Many sound homemaking principles have been learned through the practical programs of the h-H and home demonstration clubs. By practicing the better methods that were taught, time and energy can be saved in doing everyday work. In the programs, much emphasis was placed on proper care of home furnishings and clothes and wise buymanship. Better nutrition for families was learned. Better rural living results when better homemaking is practiced. The Federation Goal work in Home and Community Beautification helped to improve rural living, as beautiful surroundings contribute to more pleasant living. Much leadership was developed through work in the clubs. The h-H work has made a definite contribution to the development of the youth.

The agent feels that next year's work can be strengthened if more leaders can be secured for the h-H Clubs, if more older boys and girls will remain interested in h-H work, and if a more concentrated study on all subjects can be made in the home demonstration program and more people reached.