

ANNUAL NARRATIVE REPORT

COUNTY
EXTENSION
WORK

Virginia Agricultural Extension Service

HATTIE S. POWELL

Name

LOCAL HOME AGENT

Agent

Title

Assistant Agent

Assistant Agent

Assistant Agent



1958

NANSEMOND

County

NARRATIVE REPORT OF HOME DEMONSTRATION

WORK IN

NANSEMOND COUNTY, VIRGINIA

1958

HATTIE S. POWELL

LOCAL HOME AGENT

TABLE OF CONTENTS

TITLE	PAGE
L. Highlights of the 1958 Program.....	1 - 2
II. County Situation as it Affected the Program.....	3 - 4
III. County Extension Program - Adult.....	
A. Organization	
1. County Advisory Board.....	5
2. General Interest Committee.....	5
3. County Home Demonstration Club Committee.....	5 - 6
B. Project Work	
1. Housing.....	6 - 7
2. House Furnishings.....	7 - 8
3. Foods and Nutrition.....	7 - 8
4. Clothing.....	9
5. Rural Arts.....	9 -10
6. Health.....	10
C. Community Work	
1. Community Improvement Work.....	10- 13
2. Farm and Home Unit Demonstration.....	14
D. Other Activities	
1. County Farmers Conference.....	14 -15
2. National Home Demonstration Week.....	15 -16
3. Farm and Home Week.....	16
4. County Tour.....	16 -17
5. Club Recreational Activities.....	18
6. State Awards Program.....	18
7. State Advisory Board Meeting.....	18

8. County Fair.....	18 -19
E. Urban Work.....	19
IV. Farm and Home Development	
A. Problems encountered most often.....	20
E. Subject Matter Areas.....	20
C. Progress Stories.....	20 -21
V. County Extension Program - Youth	
A. Organization	
1. County 4-H Council.....	21
2. Project Planning Committee.....	21 -22
B. Project Work	
1. Looking Your Best.....	22
2. Make or Remake Your Clothing.....	22
3. So You'd Like To Sew.....	22- 23
4. Food Preservation.....	23
5. Electricity.....	23
6. Garden.....	23 -24
C. Other Activities	
1. National 4-H Club Week.....	24 -25
2. Rural Life Sunday.....	25
3. 4-H State Short Course.....	25
4. Wildlife Conference.....	25
D. Young Men and Women's Work.....	26
VI. Scope of Work.....	26
B. Efforts to Increase Scope of Work.....	26
VII. Leadership	
1. Organization.....	27
2. Program Development.....	27

3. Subject Matter.....	27
4. Federation Program of Work Chairmen.....	27
B. Growth of Leadership.....	27- 28
C. Activities and Accomplishments of Outstanding Leader....	28
D. Activities and Accomplishments of Outstanding Family....	28- 29
E. Activities and Accomplishments of Outstanding Club.....	29
F. Significant Achievements of Extension Work.....	29- 30
VIII. Cooperation With Other Agencies.....	30
IX. Progress in Developing Good Public Relations.....	30
X. Professional Improvement.....	31
XI. Office Improvement and Working Conditions.....	31
XII. The Look Ahead.....	31

HIGHLIGHTS OF THE 1958 PROGRAM

The 1958 Extension Program has contributed much toward helping people to attain greater abilities in acquiring higher levels of living and assuming leadership and citizenship responsibilities. Since the Extension Program is based on helping people to help themselves, major emphasis was placed on needed problems and interests as were seen by the people in the county. The program of work was planned by the people through the cooperation of the County Home Demonstration Planning Committee, County Advisory Board, 4-H Junior Council and 4-H Planning Committee with the assistance of Supervising Agent and Local Home Agent. Major topics of interest consisted of home storage, house furnishings, foods and nutrition and clothing.

New outside employment for homemakers emphasized the need to provide more and better home storage to save time and energy. Many families were made conscious of the need for such improvement wherein 250 homemakers made some definite changes in rearranging utensils, facilities and equipments, providing additional space and making use of all available space not easily recognized.

With the increasing number of remodeled and new homes, house furnishings took on an added significance. Two hundred and forty families were assisted with selecting and blending colors, furniture arrangement and the use of accessories for attractiveness and comfort.

One of the long time goals is to improve the health standard of the people throughout the county. Continued efforts were made this year in encouraging families to practice good health habits, install complete

water systems, plan and prepare well balanced meals and improve sanitary conditions in and around homes.

In every aspect of the Extension Program, both adults and youth are becoming more conscious of the need to budget their time, money and energy and at the same time use homemaking skills to help provide needed clothing and other items for the entire family. Three hundred and fifty families were taught how to do a better job in clothing construction as well as taking advantage of sales and how to buy and care for clothing.

Through group participation, leadership development, assistance received from specialists, Supervisory Agent, schools, health department and other agencies, the Extension Program was strengthened in 1958.

COUNTY SITUATION AS IT AFFECTED THE PROGRAM

Nansemond County is located in the Southeastern and Tidewater area of Virginia. It was formed in 1637 as upper Norfolk County, but was renamed in 1642 for the Indian tribe in that area. It's name means "fishing point or angle." The County Seat is at Suffolk which was established as a town in 1742 and became an independent city in 1910. In 1950, Nansemond's population was 25,283; Suffolk's was 12,339.

This Tidewater County on the North Carolina border has a land area of 402 square miles. The famous Dismal Swamp covers its eastern section. This level land varies from sea level to 50 feet in altitude. The climate is so mild that winter truck crops can be grown.

Nansemond's agriculture and manufacturing complement each other. Meat packing houses specialize in hams and pork products. Many plants clean, shell, grade, and package whole peanuts, or make salted nuts, peanut butter, candy, meal and oil. A large cannery puts out home-grown turnip greens and other salad greens. Cotton gins, lumber and wood-work-ing plants, fish and oyster houses, a brick factory, and fertilizer plants also utilize local raw materials. Other factories make vegetable baskets, peanut pickers, hay balers and other equipment needed on Nansemond farms.

In Nansemond's northeast corner is the Belleville Industrial School, a home for Negro children and old people. At Suffolk, the Louise Obici Hospital and School of Nursing serves Nansemond and neighboring counties.

The city of Suffolk has public athletic fields for baseball, soft ball, hand ball, tennis and playground for children. In other sections

of Nansemond County the recreational activities, for the most part, are under the auspices of the schools, churches, and community organizations. Nansemond residents are well situated to enjoy the entertainments and sports events that are available in Suffolk, Norfolk and Portsmouth.

Sixty-five and three tenth percent of the population in Nansemond County are Negroes. Included in this percentage are 436 farm families and 3,825 rural non-farm families.

Many homemakers find it necessary to work outside the home to help supplement the family income. The problem of home management took a new meaning and several home demonstration clubs met at night. Schools are constantly being consolidated, making 4-H Clubs larger since they function in the schools which brings about greater need for leaders. Four-H projects were selected to fit into the limited period in schools. The educational background of adults is relatively low with average school years completed being 4.9, therefore, various methods of teachings were used to stimulate thinking and to create interest.

Homemakers felt a need to study more about house furnishings, providing additional storage space, planning and serving well balanced meals and purchasing clothing. The county's long time goals continued to be to improve the health standards of the people throughout Nansemond County.

COUNTY EXTENSION PROGRAM-ADULT

A. Organization

1. County Advisory Board

The County Advisory Board is composed of 45 key members, men and women, from all of the communities and Extension organizations in the county. It is the controlling body for all county Extension organizations. It served in locating needs and interests of the people throughout the county, it assisted in formulating solutions to problems, training leaders, planning programs and county activities. It cooperated with other county organizations, such as the Home Demonstration Committee and 4-H Junior Council. This board assisted in planning such activities as County Farmers Conference, County Tour, Tidewater Fair and Awards Program. It represented the county at the State Farm and Home Week program and State Advisory Board meeting.

2. General Interest Committee

A Health Committee was appointed in 1957 and is composed of five persons, one from each of the magisterial districts in the county. This committee was appointed to locate, analyze and work out solutions to county health problems. Two meetings were called this year, but it was felt that a more effective health program could be worked out if additional members were added to the committee. A list of health problems were discussed, however, greater efforts will be taken in the near future.

3. County Home Demonstration Club Committee

This committee is composed of 55 officers and key leaders from all home demonstration clubs in the county. It met three times this year

and planned monthly demonstration topics for the program, set up county goals and assisted in executing and evaluating the homemaking program. This committee is represented on the County Advisory Board and assisted in planning National Home Demonstration Week Celebration, County Fair and the District Home Demonstration meeting held in Nansemond County.

B. Project Work

1. Housing

The lack of good storage space was one of the serious problems of houses in Nansemond County. Many families needed more cabinets and closets as well as more chest and dressers. Several undesirable storage spaces were being used, such as on tops of furniture, under beds and behind doors. How to provide sufficient home storage space to save steps and time was of major interest to all homemakers. Emphasis was placed on keeping each thing as close as possible to where you wish to use it and reaching any item desired without having to lift or move anything else out of the way. How to place often used items to make for easy reaching or returning with a minimum of stooping or stretching and how to avoid waste of space, as between shelves, in any storage unit were discussed.

Miss Mary B. Settle, Extension Home Improvement Specialist, assisted the agent in training twelve leaders who gave 24 demonstrations to 175 homemakers on "Where and How to Build Home Storage" and "Making Better Use of Available Space."

Through the use of charts, slides, group discussions, radio programs, method and result demonstrations, 250 people were reached and made some changes in improving kitchen or bedroom storage.

Home visits, radio and result demonstrations were used to assist 95 families with installing water systems, landscaping home grounds and constructing or remodeling homes.

2. House Furnishings

Interior decorating was of great concern to many families this year. Homemakers were interested in learning how to select and blend colors, how to choose and hang pictures and how to arrange furniture for attractiveness and comfort. In selecting and blend-colors in the homes, background information was given by using a wall chart showing primary, secondary and tertiary colors, and the relation of one color to the other. Several colorful samples of material were used to demonstrate color combination. Each individual had the opportunity to plan a color scheme for different rooms using these samples. Member participation created much enthusiasm and interest. An exhibit was displayed using blending colors for eye appeal in walls, draperies, slip covers, rugs and wall accessories. To further emphasize the use of house furnishings, an exhibit was shown on "How to Make Your Old Chair Look Like New" by making slip covers.

How to choose and hang pictures and other wall decorations were also demonstrated in meetings. Eight different shapes and sizes of molding for frames were secured from local stores and scraps of molding from woodworking companies were used to show homemakers how they could inexpensively make their own picture frames. Illustrations were shown using picture selection from magazines and calendars, and mats were demonstrated to give space and depth to pictures. Points emphasized were: (1) Does it blend in color with other furnishings of the room? (2) Does it complete the unit over which it is hung?

(3) Does it conform in size and shape to the wall space and furniture grouping? (4) Is it really needed or would the space look better without it? (5) Would a mirror or some other wall accessory add more color or interest? (6) Do the subjects of the pictures appeal to the interest?

The agent had received previous training from Miss Ruth Jamison, House Furnishings Specialist. Method and result demonstrations were used to emphasize furniture arrangement, consequently 210 homemakers made changes in furniture arrangement and use of accessories, and 240 improved their color schemes and wall finishes.

3. Foods and Nutrition

The objectives of this topic were to encourage families to raise and conserve as much of their family food supply as possible and plan nourished meals for better health. This information was interjected in the program through the distribution of literature, circular letters, home visits and radio programs. As a result, 350 families were assisted with planning the home food supply, 245 in selecting food, 275 with meal planning and food preservation. Three hundred and seventy-five with preservation and storage of food and 350 with improving diets.

In 1955, one weight control group was organized. The objective of this course was to teach women how to take off pounds safely and yet be well-nourished. The agent guided 24 over weight ladies through four months of training, meeting twice a month, kept charts on each member, checked their weight and daily food intake at each meeting. Topics demonstrated included: Hazards of Overweight, Low Calorie Meals and Basic Food Groups, Weight Reduction Exercises, Care of Skin and

Hair-do's and How to Choose Slenderizing Clothes. Two movies were shown, "Weight Reduction Through Diet," and "Cheers For Chubby." As a result of this course, twenty ladies completed the course and the average weight lost was $15\frac{1}{2}$ pounds each. A check was made this year to find out if these ladies were continuing the weight control program. Six had reduced to a desirable weight, ten had gained and four were maintaining their same weight. In the near future a group meeting will be planned to re-emphasize this program.

4. Clothing

Families became conscious of the need to utilize the limited time at home, therefore, clothing took a lesser meaning. An awakening interest in selecting, buying, caring and mending clothes was pertinent to 450 homemakers. Two exhibits were displayed depicting sloppy dress versus neat and how to change your dress by the use of different accessories.

Through discussion, method and result demonstrations, literature distribution and radio programs, 245 homemakers improved their abilities to select, buy, care for and mend clothing and approximately 80 families were assisted with clothing construction. Approximately 350 made some improvement in good grooming and personal appearance.

5. Rural Arts

In order to get 45 people interested in other phases of the Extension program, assistance was given to two special interest groups on leather work and making aluminum serving trays. A leader training meeting was held by Miss Catherine Peery, Rural Arts Specialist, in

Norfolk County, on leather craft. Five adult leaders attended this meeting and made some leather article. These ladies returned and assisted 15 others in making bill folders, coin cases, bedroom slippers and key cases. One workshop was held by leaders on making aluminum trays. Demonstrations were given on tracing design, painting, shaping, etching and cleaning trays. An exhibit was made showing steps involved in making these trays at the Tidewater Fair where hundreds of rural people who came there could see it. As a result, 15 serving trays were made.

6. Health

Families throughout Nansemond County needed to improve their diets to include more milk and raw vegetables for better health, and to provide sanitary conditions for rubbish and garbage. Through the use of the health committee these problems took priority over other health needs. Several families were encouraged to take X-rays and physical examinations. The work was carried on in regular club meetings, through method and result demonstrations, slides, circular letters, radio and newspaper articles.

Two hundred and forty-five families improved sanitation practices and facilities and 350 had physical examinations and X-rays.

C. Community Work

1. Community Improvement Work

The history of the community improvement work in Nansemond County is nothing new. In 1914, Mr. J. Thomas Reid was appointed the first Local Farm Agent for the county and shortly thereafter a Farmers and Home-makers group was organized to sponsor county farmers conferences, tours, Fairs and similar Extension activities each year. Mr. T. L. G. Walden

was selected president of this group and records show that Mr. Walden was a delegate from Nansemond County to the first State Advisory Board meeting which was held in Powhatan County in 1926. He attended and became the first president of the State Advisory Board that year. Four years later in 1930, the State Advisory Board meeting was held in Nansemond County.

The Live-at-Home program, now known as the community improvement work has been conducted by communities in Nansemond County from its early beginning. Records show that as many as five different communities in Nansemond County were participating in this phase of work in 1939. Later the work was emphasized in one community which was Lummis. From 1937 to 1950, Lummis community conducted this phase of work and won several state awards amounting to \$161. To further spread this type of work to other areas in the county, the County Advisory Board saw fit to transfer this program to Corinth Chapel community in 1951. This community was chosen because of the request and interest shown by the members in that community. In order to find out who the people were, where they were, and to further acquaint them with this program, the agents thought it was advisable to make house to house contacts. We soon discovered that this contact required more time than we had bargained for, nevertheless, we were determined to complete our task. It took us several days to contact 79 families within three neighborhoods in Corinth Chapel community. There were two churches, two elementary schools with organized 4-H Clubs and one Home Demonstration Club.

As a result of our house to house campaign, we observed that a majority of the homes were run down and in need of paint. There were no homes

with running water. Home grounds were unsightly, mail boxes delapidated, a need for poultry management and production and year-round gardens. Also a need for pastures, cows, church improvement, farm machinery and a number of other improvements. After analyzing the situation we proceeded to organize a community club whereby we could reach several people at one time. Letters were sent to all members and we were disappointed to meet with only 13 members. Nevertheless, the group was organized and community score sheets were explained and monthly meeting topics were suggested by the group. Family check sheets are sent to all members in the community at the beginning of each year. About 20% of these sheets are returned. The reason stated by some families for not responding was, "They didn't want to expose their production records for fear of the influence it would have on income taxes," therefore, we saw fit to use other methods in order to get maximum returns. Leaders were used in each neighborhood to be responsible for getting needed information from each family in his neighborhood, and at the end of the year the agents visit these leaders to collect information. Last year we found it necessary to make a more complete check of the community, therefore, the agents visited every five persons living in the community to record progress of these families and their neighbors. Complete reports were then made by the agents and sent to the state office. Through monthly meetings, circular letters, tours, result demonstrations and other methods of teaching, Corinth Chapel has made the following improvements: Major improvements under farm development shows that 26 families seeded 230 acres of winter cover crops. Permanent pasture was established on 36 acres by 18 families and 70 tons of fertilizer were applied to 2200

acres of crop land by 62 families. Twelve soil and water conservation plans were developed on 85 acres. One new farm of 22 acres was purchased.

Farm machinery and building improvements included: Five new buildings constructed and the purchase of ten major farm machines. Two families painted their farm buildings and two installed electricity. Major improvements in home development included the installation of three water systems and one complete bath. Two new homes were built, one screened porch added, four homes painted and three yards improved. New and additional storage was added by 36 families and one home was purchased that was already constructed. Appliances purchased included three deep freezers and one television set.

Items under Clothing the Family, indicated that 17 families had a clothing budget, 46 families made some family clothing, and 20 families took advantage of sales and purchased 70 major garments.

In Family Development, there were 75 families with 169 children in the public schools and four of last year's high school graduates are attending college.

The members of this community are realizing that the community church should serve for more than just for Sunday services. As the one-room school is a thing of the past, so is the one-room church. Five additional committee rooms were added to the church and inside toilet facilities and water faucets were installed.

Steady progress by the families of the Corinth Chapel community is well indicated by the results of the community improvement contest. This community has won five annual prizes during the seven years it has served as a demonstration community.

2. Farm and Home Unit Demonstration

The L. K. Boykins family, which includes five children and two adults of Lummis community, continues to serve as our farm and home unit demonstrator. Each year this family cooperates to improve the farm and home enterprise through following recommended Extension practices. This year Mrs. Boykins sought outside employment to help provide additional income to compensate the rising cost of living. Therefore, planning and management of family resources took on an added significance. Mrs. Boykins and daughter, Deborah, who is a 4-H Club member, used their homemaking skills to provide additional food and clothing for the family. They made two pairs of draperies, three pairs of kitchen curtains, twelve dresses, four pairs of pajamas and ten aprons. Two rooms were painted using blending colors. Mrs. Boykins stated that their family garden was better than it has been in several years. They were successful in raising 18 different vegetables for home consumption and marketing. Food conservation played a major part in providing the family with sufficient food the year round. The family budgeted its time to can 250 quarts of fruits and vegetables and froze 950 pounds of fruits, vegetables and meats. The Boykins expressed their short time goals are to install bath, enlarge kitchen and paint the outside of their home. The three 4-H Club members in the family successfully completed their projects.

D. Other Activities

1. County Farmers Conference

The Annual Farmers Conference was conducted on February 27 at the Gethsemane Baptist Church for the purpose of bringing the latest

information to farmers and homemakers on problems of interest. Eventhough the weather was inclement, several homemakers and farmers were out to hear Mrs. Bettie Davis, retired County Nurse, speak on the topic of "Improving the Health Standard in Nansemond County." She pointed out daily health practices we should follow in order to develop strong healthy bodies. Mrs. Davis also gave points on Civil Defense and stressed the need of giving blood to the Bloosmobile. Mr. J. S. Higginbotham, of Hampton Institute, discussed "Vegetative Gardens." He showed samples of vegetables and distributed vegetable seeds. Two slidefilms were shown by the Farm and Home Agents. The film on "Establishing Ornamental Plantings on the Homestead" showed the importance of landscaping, characteristics and uses of different ornamental plants; selection and arranging trees and shrubs for the homestead and procedure of obtaining plants and arranging and planting them. The other filmstrip was entitled "How to Judge Livestock." It included better poultry and livestock breeding and graphically showed the fundamentals of judging the market quality of hogs, egg production of hens, and milk producing capacity of cows. Individual judging sheets were distributed and members were given the opportunity to judge laying hens, hogs and cows.

2. National Home Demonstration Week

Nansemond County highlighted the 13th annual observance of National Home Demonstration Week by conducting two radio broadcasts, writing two news stories and presenting a skit entitled, "Changing Styles in Home Demonstration Work From 1910-1958." This skit was written by Mrs. Laura Sebosky, Extension Analyst, U. S. D. A., Washington, D. C., and was presented by eight home demonstration members at the District Home

Demonstration meeting which was held in Nansemond County, May 6. Approximately 75 members attended this District meeting. The skit included an explanation of the Home Demonstration program for seven periods with a Home Demonstration member modeling garments for each period. Mrs. Edith Faulk modeled for 1910-17; Mrs. Florain Ricks -1917-20; Mrs. Marjorie Saunders -1920-29; Mrs. Paige Boykins - 1929-40; Mrs. Gloria Adams - 1941-45; Miss Mary Williams -1946-50; and Mrs. Beatrice Bell - 1958. Mrs. Ruby Walden served as narrator. Also incorporated in the District meeting was a food demonstration emphasizing the use of milk in the diet given by Mrs. Paige Boykins and Mrs. Florain Ricks. This was in keeping with our county goal - HEALTH. As a result of this week's celebration, one in-active club asked to be re-organized and non-club members became better acquainted with the home demonstration program.

3. Farm and Home Week

Eight farmers and homemakers represented Nansemond County at the Farm and Home Week program which was held at Virginia State College in Petersburg, July 8-10, 1958. Valuable information was received on farming and home-making problems which have proved beneficiary to these members.

4. County Tour

The Annual County Tour highlighted the Extension activities in Nansemond County on July 31. The tour provided approximately 150 rural people to see practical application of scientific information in solving farm and home problems, plus it afforded them with fellowship and recreation as well.

The following improvements were observed which were made within recent years.

1. Home improvement was observed at the home of Mr. and Mrs. Landon

Godwin in Driver Community. This family bought an old delapidated two-story house seven years ago. Today it is a newly painted ten room house - a room for everything - and the home ground is beautifully decorated with shrubs, flowers, grass, walks and driveway.

2. Water system and home ground beautification at the home of Mr. and Mrs. Fred Skeeter, Jr., in the Hosier Lane Community. The Skeeters have a seven room ranch style home with a complete water system and the home grounds were landscaped through the Extension Service.
3. Remodeled home of Mr. and Mrs. Fred Douglas, also of Hosier Lane, was observed. "Do it yourself" was the Douglas theme this year as the family proceeded to install a complete water system, enlarged the kitchen with additional storage and added a dining room, car-port garage and bedroom closets.
4. Farm homestead arrangement and color schemes at the home of Mr. and Mrs. Melvin Langston of Whaleyville Community. This family recently improved their driveway and did interior decorating.
5. Kitchen improvement and livestock at the home of Mr. and Mrs. James Copeland of Whaleyville Community.
6. Poultry flock of 150 layers at the home of Mr. and Mrs. Edward Rawls, also of Whaleyville Community. This family is serving as a poultry demonstrator. Free barbecue, cole slaw and sodas were served the group on the lawn. The pig was donated by the Rawls family.

The day's activity climaxed with Miss Heidi E. Ford, District Agent, giving an impressive summary of the tour.

5. Club Recreational Activities

Under the capable guidance of home demonstration leaders, club activities for August consisted of lawn parties, outings, and picnics.

The objectives of these activities were to provide wholesome recreation for the families in the county, to interest and encourage non-members to join clubs and to provide an opportunity for members to work together. Holland, Corinth Chapel, Hosier Lane, Driver and Middle District Clubs conducted lawn parties at club member's homes where they played games and served refreshments.

Manning Club enjoyed a picnic at Sunset Lake and Silver Spring Club had a "fish catching time" on the farm of County Agent, H. L. Mitchell, in Gatesville, North Carolina.

The Buckhorn Club chartered a bus to Jamestown, Virginia.

These activities were planned and effectively carried out by the leaders.

6. State Awards Program

The State Awards Program was held in Nansemond County at the home of Mr. Mrs. F. E. Owens and a plaque was awarded this family for achievements they had made over a period of years. Approximately 150 people were received by the Owens family on May 15, for such program.

7. State Advisory Board Meeting

The farm and home agents, one man and one woman represented Nansemond County at the State Advisory Board meeting which was held in King William County, September 3-4, 1958. Result demonstrations were observed on farm and home enterprises.

8. County Fair

The Annual Tidewater Fair was held October 14-18, 1958 in Nansemond County. Since this fair is one of our educational activities to get our

rural and urban people to appreciate quality products, the Fair committee included various educational phases of farm and home work to give more people an opportunity to know more about selecting good products for home consumption as well as for the market.

More than 700 different items were exhibited at the Fair. Several first and second prizes were awarded to homemakers, farmers, 4-H members, NFA and NHA members, schools, home demonstration clubs and garden clubs. Items exhibited included field crops, livestock, garden produce, canned products, baked goods, clothing, arts and crafts, potted plants and educational exhibits.

Slides on Educational Exhibits secured from Miss M. E. Wallace had been shown to Home Demonstration club members in September and their exhibits were of better quality than ever. A total of \$243.00 in prizes was awarded these clubs. Nansemond County Home Demonstration educational exhibits included: Change Your Dress With Accessories; Sloppy Sue and Neat Mary; Kitchen Arrangement to Save Steps; Safe Toys for Children; Make Your Old Chair Look Like New; Use Blending Colors for Eye Appeal; Steps in Making Serving Trays; and Steps in Freezing Vegetables. These exhibits were viewed by thousands of people during the week and request has already been made by homemakers for additional information on club exhibits.

E. Urban Work

Urban work consisted of assisting individual families with selecting house furnishings, furniture arrangement, and meal planning. Approximately 85 families received this information through demonstrations, office calls, home visits, radio and newspaper articles. Seventy-five families made some definite changes on above items mentioned.

Farm and Home Development

A. Problems encountered most often:	No. Families
<u>Family Food Supply</u>	<u>9</u>
<u>Yard Improvement</u>	<u>5</u>
<u>House Furnishings</u>	<u>7</u>
<u>Time and Energy Management</u>	<u>6</u>
<u>Nutrition and Food Preservation</u>	<u>9</u>

B. Subject Matter Areas and Assistance Given:

	Short-time Goals	Long-time Goals	Outlook Information	Buying Information	Improved Methods and Practices	Demonstrations	Specialists Assistance
Foods and Nutrition	9	7	9	9	5	3	0
Vegetable Gardening	9	6	9	4	3	0	0
Clothing	3	5	9	9	4	5	0
Housing	4	9	9	9	3	3	0
Home Management	6	9	9	9	4	2	0
House Furnishings	7	9	9	9	4	5	0
Yard Improvement	5	7	7	3	5	2	0
4-H Club	3	3	9	3	3	3	0
Other							

C. Progress Stories

Mr. and Mrs. James Copeland of Whaleyville Community was selected one and one-half years ago to conduct the farm and home development phase of Extension. This young couple, with two boys in family, live in a four room home on 137 acres of land. Recently water was installed in the kitchen and storage improved by adding cabinets and rearranging

storage units. Mrs. Copeland is a member of her community home demonstration club. The installation of a bath room is one of their future goals.

Mr. and Mrs. George Langston of Whaleyville Community are in their early thirties with a three year old daughter. Within the past five years, a new five room home was built and this year's objective was to landscape the home grounds. By following Extension recommendations, shrubs were set out and lawn seeded.

Mr. and Mrs. Chester Lee of Lummis Community have been affiliated with this phase of the Extension program since 1956. Mr. Lee is in his early sixties and Mrs. Lee in her early forties. There are three children with ages ranging from 19 to 23, however, only the youngest son resides on the farm with parents in a two room house. They have 10 acres share of heired property, all in cultivation. Mr. Lee does day labor to provide additional income. In 1957, their desire was to enlarge their home, secure a washing machine, paint and electrify the house. Electricity was installed this year and the family purchased a regrigerator and television set.

COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. County 4-H Council

The 4-H Junior Council is composed of 72 officers, junior and adult leaders from the twelve 4-H Clubs. It met twice this year and assisted with planning programs, 4-H activities and training officers. Such activities were planned as celebrating National 4-H Week, Rural Life Sunday, radio programs and raising funds.

2. Project Planning Committee

This committee is composed of 35 older 4-H Club girls and leaders

representing each 4-H Club. It functioned in analyzing county situation and planning 4-H homemaking projects to coincide with home conditions, member ability and project instruction requirements according to equipments available and time allowance. It was also instrumental in supervising members to project completion.

B. Project Work

1. Looking Your Best

To aid 4-H members to have more self-confidence, to teach them to care for themselves and clothing, to develop good posture and speak in a low clear voice were the objectives of this project. Method demonstrations, discussions, tape recorder, radio and distribution of literature were used as techniques in teaching the above objectives. These teaching methods aided 85 members to complete their projects by making some improvements in care of skin, hair, posture and voice, stored clothes seasonally and made quick repairs on approximately 500 articles and garments.

2. Make or Remake Your Clothing

One hundred and forty-eight older 4-H girls were enrolled in this project. Discussion groups and demonstrations were held to teach members how to select good designs for their figure, buy patterns, fabrics, and ready to wear, make fabrics into garments to fit needs and use clothing money wisely. One hundred and fifty garments were made or renovated by 102 4-H Club members.

3. So You'd Like To Sew

This project helped 4-H members learn to make simple articles without depending on the use of patterns. Ninety-nine members conducted this project and realized short tangible results. Demonstrations

were given on how to equip sewing boxes, make stuffed toys, needle cases, laundry bags, aprons, gathered skirts, head scarfs and handkerchiefs. Ninety 4-H members completed thier projects by making 450 above items.

4. Food Preservation

Food preservation was selected as a project by interested members to develop knowledge and skill in canning and freezing foods and to assist families with planning and providing sufficient food. Project instruction was given to members through demonstrations, discussions and literature distribution. Parents played a major part in assisting these members and home visits were made to check on progress. Forty members completed their projects by canning 1650 quarts, freezing 420 quarts and 350 pounds of fruits, vegetables and meats.

5. Electricity

Forty-nine 4-H Club girls enrolled in this project for the purpose of gaining practical knowledge in uses of electricity in the home and how to care for household appliances. Club members studied electrical terms, learned how to read a kilowatt hour meter, planned a wiring and lighting system and cared for several household electrical equipments. Record books were distributed, discussed and checked at intervals. Method demonstrations and discussions were held on above topics. Thirty-two members completed their projects.

6. Garden

A well planned 4-H club garden helps improve the diet of the family. saves money and should provide high quality vegetables. The objectives of this project were to teach the value of a good garden,

the best methods of growing vegetables and to interest members in a wholesome and profitable enterprise essential to better living standards. Through the use of discussions, slides, home visits, distribution of literature, nine members completed their projects by producing approximately 65 bushels of vegetables.

C. Other Activities

1. National 4-H Club Week

Activities for the purpose of observing National 4-H Club Week began Saturday, February 15, with a County Junior Council meeting. Thirty-seven 4-H Club members and leaders successfully planned and conducted the following activities: a radio program, bulletin board displays, postals, scrapbooks and community programs.

Ten 4-H Club members participated in the radio program over station WLPM, Suffolk, which included:

1. A message to the 4-H members of America by the President of the United States, Dwight D. Eisenhower.
2. The meaning of 4-H Clubs
3. Where 4-H Clubs were founded
4. How widespread 4-H Clubs are
5. 4-H Guideposts
6. Emblem and Pledge
7. A salute to Parents
8. 4-H Songs

The bulletin board and postals were displayed in several schools emphasizing project work, parts that parents play, the meaning of 4-H Clubs and general information on 4-H Club work.

Scrapbooks were compiled by some groups which included general in-

formation on 4-H Club work and members. A few clubs held community programs which included participation on the part of members and leaders.

From the publicity given the 4-H phase of the Extension program, additional interest was noted on the part of parents and members.

2. Rural Life Sunday

"I pledge my heart to greater loyalty" was emphasized when the Nansemond County 4-H members celebrated Rural Life Sunday on May 11th, at Little Mt. Zion Baptist Church. The program featured 4-H members conducting the 4-H Candle Lighting Ceremony and a talk by Rev. C. J. Freeman, pastor of the church. Since this program was conducted in the church, an improvised fire, made from wire, light bulbs and crepe paper, was used. This program was quite impressive and it was felt that more people became familiar with the "H" for heart in the 4-H pledge.

3. 4-H State Short Course

Six older 4-H girls and one adult leader represented Nansemond County at the 4-H State Short Course held at Virginia State College, in Petersburg, from June 16-20, 1958. First hand information was received on project work, citizenship and leadership training. These delegates made reports to their respective clubs in the county.

4. Wildlife Conference

Three club girls and one adult leader attended the 4-H Wildlife Conference which was held also at Virginia State College, August 5-7. These members received information on conserving natural resources and wildlife.

D. Young Men and Women's Work

Efforts were made in assisting 45 young homemakers who were not connected with organized groups on problems of interest. Circular letters, office calls, radio and home visits were used in teaching furniture selection and arrangement, home ground beautification and food preservation.

SCOPE OF WORK

A.

	1954	1955	1956	1957	1958
No. H. D. Clubs or Groups	12	10	10	10	11
Membership	235	238	241	243	252
No. 4-H Clubs	13	13	12	12	12
Membership	327	350	351	405	414
No. YW Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	2	2	1	1	1
Membership	40	55	45	45	45
No. Home Ec. Committees	0	0	0	0	0
No. General Interest Committees	0	0	0	1	1
No. Youth Committees	2	2	2	2	2
No. other organizations	0	0	0	0	0
No. Farm & Home Development Families	0	6	6	9	9
No. other families reached	400	370	1120	455	995
No. different families reached	350	359	385	195	370

B. Efforts to Increase The Scope of Work:

In order to increase the scope of work, the Agent conducted regular weekly radio programs over the local station - WJPM. A slide projector was purchased by the County Advisory Board to create interest and strengthen the program. Home demonstration club year books were made and distributed to approximately 300 families. One additional club was organized with 15 members. Newspaper articles were published to publicize the work.

LEADERSHIP

A. Contribution of Volunteer Leaders to the Program

1. Organization

Organizational leaders contributed largely toward conducting meetings, giving talks, assisted with developing county programs and planning county-wide activities.

2. Program Development

These leaders assisted with locating and discussing county needs and planned the homemaking program based on their findings.

3. Subject Matter

Subject matter leaders assisted in giving demonstrations, holding talks and discussions on homemaking problems.

4. Federation Program of Work Chairmen

These chairmen served in discussing major homemaking problems and assisted in planning program and setting up county goals and objectives.

B. Growth of Leadership

No. 1957 No. 1958

1. Overall Program leaders (organizational leaders for County Extension Service Board)

110 115

2. Home Demonstration Club Leadership:

	1954	1955	1956	1957	1958
No. organizational leaders	60	50	50	50	55
No. project leaders	36	45	32	35	38
No. Federation program of work chairmen	5	10	10	10	11
No. program development leaders	12	10	10	16	11
No. result demonstrators	20	19	24	20	25
No. training meetings by specialists	2	3	1	1	2
No. training meetings by Dist. Agents	2	1	0	0	0
No. training meetings by Agents	2	4	4	4	5
No. training meetings by others	0	0	0	0	0
Attendance at all training meetings	49	76	53	63	48
No. meetings held without an agent	64	58	38	54	47
No. meetings leaders assisted	21	10	27	30	35
Demonstrations by leaders	64	32	46	48	54
Talks and discussions by leaders	32	63	65	70	75

3. Overall Youth Leaders
(Org. leaders for County Youth Council)

No. 1957	No. 1958
<u>65</u>	<u>85</u>

4. 4-H Club Leadership

	1954	1955	1956	1957	1958
No. Club Officers	60	65	65	65	65
No. adult project leaders	22	24	15	16	32
No. Junior project leaders	5	5	15	16	45
No. result demonstrators	6	5	10	15	18
No. training meetings by specialists	2	1	0	0	1
No. training meetings by Dist. Agents	0	0	0	0	0
No. training meetings by agent	3	3	7	6	4
No. training meetings by members Club Dept.	0	0	0	0	1
No. training meetings by others	0	0	0	1	0
Total attendance at Ldr. training meetings	95	44	87	54	44
No. 4-H leaders trained individually	17	24	25	27	30
No. club meetings held by Ldr. without agent	18	30	20	19	17
No. additional club meetings at which leaders assisted	9	15	4	17	20
No. demonstrations given by adult leaders	17	7	16	18	20
No. demonstrations given by Junior leaders	18	5	4	10	15

C. Activities and Accomplishments of An Outstanding Leader

Effective leadership accomplishments in spreading Extension information is indicated by Mrs. Anna M. Ricks of Lumis Community, who has served five years as leader in the 4-H and Adult programs. Greater interest was executed in supervising 4-H project work and delegates to the State Short Courses held at Virginia State College in Petersburg.

Untold amount of time has been devoted to visiting, training, giving project instruction to 4-H members and acquainting parents with the program. Assistance was rendered in program planning and supervising activities.

D. Activities and Accomplishments of an Outstanding Family

The J. E. Rawls family of Whaleyville Community identified itself with the Extension program 13 years ago when the farm and homewere purchased through the Farmers' Home Admonistration. In following recommended Extension practices and strict economy, this farm was paid for in five years. Since that time their Extension participation included membership in organizations, conducting method demonstrations in farm and homemaking enterprises. These

result demonstrations included livestock and poultry production, field crops, landscaping and food preservation. This progressive operation has encouraged their daughter and son-in-law to purchase an adjoining 137 acres, farm and home, of which they are operating through Extension supervision. The Rawls family painted their home inside and out this year to receive a touring group of 150 people, which indicates how cooperative and inspired this family is. "Wouldn't it be nice if we had more families like this one."

E. Activities and Accomplishments of an Outstanding Club

The East Suffolk high school 4-H Club exemplified itself in leadership, besides successfully completing 4-H projects. In addition to conducting regular monthly meetings, participation in National 4-H Club Week was shown when this group made a bulletin board display in the lobby of the school. Ten members spent extra time in practicing and presenting a tape recorded radio program. Seventy percent of the club members completed their projects and three members showed outstanding proficiency and their records were sent in for State Awards.

F. Significant Achievements of Extension Work

How to get families to provide adequate storage to save time, energy, and for eye appeal gave indications of significant achievements during 1958. However, work in this phase has been conducted for the past seven years.

Many homes in the county were constructed without any provisions for storage areas. Homemakers have attempted to remodel corner areas, under stairways, and added shelves to provide this needed storage space. Such materials as plyboard, mill lumber, rods and lights were used in construction. Additional paint improved the appearance of storage.

As teaching aids, slides of most convenient and attractive storage

were made to show what could and had been completed.

A typical demonstrator this year was Mrs. Lucy Douglas of Cypress community, who worked diligently in making a storage room of her old kitchen, closed in a porch for present kitchen and added cabinets, dining area and provided closets for each bedroom.

COOPERATION WITH OTHER AGENCIES

To further benefit county people, the agent cooperated with other agencies by assisting with analyzing, planning and executing programs. These agencies included Public Health Service, Welfare Department, Schools, Vocational Agricultural and Home Economics Departments, Farmers Home Administration, Virginia Electric and Power Company, Tidewater Fair Association, Red Cross, Boy and Girls Scouts.

PROGRESS IN DEVELOPING GOOD PUBLIC RELATIONS

A. Co-Workers

Cooperation was shown by the agent in coordinating and strengthening the Extension Program.

B. General Public

The radio, newspaper, circular letters and year books were used to acquaint the public with the Extension Program. The agent attended public meetings of interest at intervals.

C. Elected Representatives

Elected representatives received copies of the year's programs and invitations were extended them to county-wide programs.

D. Commercial Interest

Information and illustrative materials were used from commercial firms whenever desirable.

E. Other Professional Workers

Cooperation was shown with other professional workers.

PROFESSIONAL IMPROVEMENT

In order to keep abreast with the changing times, the agent read professional books and other publications. Membership in professional organizations were maintained and participation was shown in training meetings, workshops and activities planned by other organizations. A five day communication school was attended by the agent.

OFFICE IMPROVEMENT AND WORKING CONDITIONS

The Board of Supervisors appropriated funds for an additional office space and telephone extension, thereby improving the working conditions. The office was re-painted and flower plants were added for attractiveness.

THE LOOK AHEAD

Another successful Extension year was accomplished in 1958, although there were many problems encountered. Conspicuous differences have been observed in home improvement, well dressed and fed families, leadership and educational capabilities. Mr. Jack Tyree and Mr. A. R. Slayton, State 4-H Specialists assisted in training nine leaders which has proved to be beneficial. However, there is an increasing need for more trained leaders to improve the 4-H program. An attempt was made to secure records from all completing 4-H members, but was unsuccessful. Greater efforts will be exemplified in leadership training and provision for demonstrational materials to effect the 1959 Extension program.