

# ANNUAL REPORT

## County Extension Work

1953



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**PULASKI**

**COUNTY**

Asst. Agent

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III. THE COUNTY SITUATION AS IT AFFECTED THE 1953 PROGRAM

Pulaski county is chiefly an agricultural county, with beef cattle and general farming being the principal types of farming. There is some dairying and sheep raising. Many of the farm families have additional income through employment in the industrial plants.

IV. CONTRIBUTIONS OF THE 1953 PROGRAM TO BETTER LIVING

The 1953 program's major emphasis was on health. Each Club member was asked to make a first aid kit as a part of the Federation Goal and to have better health through improved dining areas, to increase family interest in the home by attractive interiors and surroundings of the home, landscaping the home and recreation. Since a recent nutrition survey in Virginia showed a lack of Vitamin C, which includes tomatoes, cabbage etc., how to use more of these foods was stressed. Good mental health is important, handicraft is valuable for mental health.

The First Aid Kits were discussed at a meeting early in the club year. Several clubs did not get this information due to not having a home agent at the time. However, there were 48 first aid kits made and several members reported during the year that they had replenished old kits. It was not a goal for each member to have a physical examination but much interest was taken in this after the District Federation

when another county report physical examinations. Since then 71 members from three clubs have had physical examinations by local physicians. Three other clubs are planning to have their examinations during the winter.

Better family health can be partially achieved through improved dining areas. Seventy-six club members made some improvements in their dining areas. Eighty-eight members made improvements in the yards by re-seeding lawns, adding new shrubbery or improving the driveways. One hundred twenty-eight members are including more vitamin C in the diet of the family since learning the importance of it.

Another important item toward Better Family Living is running water in the home. A long time goal for the county is for every home to have running water. 39 families have added running water this year.

V. ADULT WORK

A. PROJECT WORK

I. THE HOUSE, FURNISHINGS, AND SURROUNDINGS

Seven months are devoted to the house and its surroundings. The objective in improving family living is to teach the club members to make the dining area an attractive place to eat, so that members of the family will relax at meal time and enjoy the "family-get-together", which will deepen the love and appreciation of home, to teach the member that improved surroundings are an asset to a happy home and increases the pride of the family and community; to make attractive articles

for the home that harmonize with the furnishings and to have more adequate storage space in the home that more nearly meets the need of all members.

In the preceding years improvement of living rooms, kitchens, bath rooms, and bed rooms has been a part of the home demonstration program. To tie in with these home improvement projects, a unit on improving the dining area was included in the 1953 program.

Three meetings were devoted to the dining area—dining room, living-dining room, breakfast room or dining nook.

The first meeting was planning the attractive dining area, which included color harmony on walls, rugs, curtains, or drapes, upholstery and floor finishes. The home agent gave method demonstrations using a wide selection of samples of rugs, wall paper, upholstery fabrics, paint charts, drapery materials, curtain materials and floor finishes.

The second meeting was arranging the dining area to more nearly suit the needs and desires of the family and still be convenient. Also the proper use of accessories in the dining area was stressed.

The leaders, who were trained by the specialist, gave the demonstrations. The leaders assisted by the club members rearranged the dining areas at the meeting and added attractive accessories where needed.

The third meeting was in charge of the home agent. The demonstration included the selection of china, crystal, silver and table linens to carry out the color scheme of the dining area

and from standpoint of good taste. China and crystal were borrowed from a Jewelry store, and each of the two "dine" stores. This gave a good range from inexpensive to more expensive as well as good taste and poor taste in these items. Many important points were brought out pertaining to the selection of crystal, china, and silver which club members had not realized before. White and colored table linens were borrowed and used with the various patterns of china and crystal to show how the dining area can be made more attractive by their use.

As a result of the dining area unit seventy-six members made some changes in the dining area. Seventy-six rearranged the furniture in the dining area, sixty-two added new curtains or drapes, seventy-four purchased new china and crystal, some of which was for everyday use.

One meeting was devoted to planning and making braided rugs. The objective as previously stated was to teach members to make articles that harmonize with the furnishings already on hand. The home agent gave a method demonstration on planning the rug to carry out color schemes already in the home, also how to braid the rug. Thirty-two braided rugs have been made since then, and twenty-eight hooked rugs have been made.

Since the dining area unit completed the home improvement project carried for four years the club members thought to have something different as a major project would interest more members.

Landscaping the home grounds was the topic in March. The objective of this as previously stated was to teach the members

that improved surroundings are an asset to a happy home and increases the pride of the family and community. The home agent gave the demonstration at all club meetings using a flannelgraph showing how driveways, laundry areas, recreation areas and the like could be set-up. Lawn improvement is a long range program for a majority of the families. Forty four have made improvements such as adding or moving shrubbery, seeding the lawn, adding recreation or picnic areas, improving the driveway and setting out shade trees. Many other improvements will be made during the coming year since one topic will be on Bulbs and Borders that bloom the year round. This is an outgrowth of the demonstration given in 1950 on landscaping the home grounds.

One month was devoted to handcraft. A busy mind is valuable for mental health. The objective was to make attractive articles for the home that harmonize with the furnishings. Most people take great pride in showing the articles they make, also they like to give to their friends articles they make.

The home agent gave six demonstrations on handcrafts, etching trays and tufting bedspreads. The agent trained two leaders to give the demonstration on tufting bed spreads. One leader who had been trained previously by a former agent gave a demonstration on etching trays. Since this was the topic for October an accurate check has not been made on the number of articles made.

However, it is known that 21 tufted bed spreads and bath sets, have been made and 50 etched trays both aluminum and copper have been made. While approximately 100 more trays are

now being made.

Storage was the topic in November. The home agent gave demonstrations at 7 clubs and trained leaders to give the demonstrations in the other three.

Charts and pictures were used to show how storage spaces for cleaning equipment, clothes, linens, seasonal and dead storage could be added to homes that are lacking in these. Since this was the topic for November the members had not had time to add any of these to their homes. However, approximately 50 indicated they were planning on making some improvements along this line during the winter months.

## 2. SUBJECT MATTER IN FOODS AND NUTRITION

The objective of the food and nutrition topic studied in 1953 was to teach the women the need of Vitamin C in the diet and encourage them to plan menus that has more of this vitamin in it to insure better health for their families.

The home agent trained leaders to give the demonstrations to the three clubs. The home agent gave the demonstrations to the other seven. These were method demonstrations at which time salads were made using foods rich in vitamin C. The members were urged to include liberal amounts of vitamin C in the diet the year round. The members were also asked to an properly a sufficient amount of tomatoes and tomato juice to last the family through the winter months. The club members replies were that they did not realize before the importance of this vitamin in the diet.

The home agent feels that from the standpoint of health

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72

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it was the most beneficial demonstration during the ten months she has been in the county.

One hundred twenty eight members reported they had been having foods rich in vitamin C more often for their families.

As a result of this demonstration the members requested three demonstrations pertaining to food and nutrition in 1954.

Also in 1953 a special interest meeting was held on freezing foods. There is a steady increase throughout the county of the purchase of home freezers. Miss Janet Cameron, Extension Food and Nutrition Specialist, gave a most helpful method demonstration on freezing fruits, vegetables, meats and cooked foods. Only 25 women attended due to a death in one community and lack of publicity. The women who attended have used the information received constantly.

### 3. SUBJECT MATTER IN CLOTHING

There was no specific topic in clothing taken up in 1953, however, one month was devoted to making Christmas gifts.

The objective was to teach the members that simple home made gifts are a saving and yet are appreciated more. The agent collected from various sources numbers of items that could easily be made with little effort. She gave all demonstrations. Since then ninety members have used the information and suggestions on making Christmas gifts. The three most popular being the bedroom shoe out of wash cloths; pocket books and gloves.

### 4. SUBJECT MATTER-RECREATION

Club choice on family recreation was on the program for August. The objective being to teach wholesome recreation for

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the family since recreation by the family is often left out, particularly where members work at different jobs and different hours. A training school was held by the Pulaski Recreation Director. The members attending had charge of the recreation at their August meeting. The Recreation Director lead the recreation at many of the meetings.

5. OTHER PROJECT WORK

Due to the interest through the Community Improvement Clubs and previous demonstrations in the home demonstration program many improvements were made in the home. The home agent has helped many families individually who were planning to improve their homes. One all day meeting was held on refinishing furniture and one on re-upholstering furniture.

Forty-four members made improvements in the living room; forty made improvements in the bed room and seventeen in the kitchen. Forty-nine pieces of furniture were refinished or re-upholstered and forty-five chairs were reseatd.

B. OTHER ACTIVITIES

I. OUTSTANDING FAMILY

Mrs. A. M. Knode has been an out standing person in the County. She was the Federation Goal Chairman the past year, President of the Robinson Tract Home Demonstration Club for the past two years, is the new Vice-Chairman of the home Demonstration Committee and reporter for her Community Improvement Club. During the past year Mrs. Knode has done more to help others than for herself. She always has a helping hand when called on to prepare for the District Federation meeting. She

She attended the Institute of Rural Affairs and every meeting in the County that she was expected to attend. She always volunteered to use her car to carry members to County meetings of every type. She has made two hooked rugs and one braided rug during the year, refinished several pieces furniture, re-caned 3 chairs, put fibre bottoms in several, re-caned one chair for an antique shop, helped a neighbor to re-can one, made 8 etched trays and 5 pocket books. Judy, her only daughter, was President of the Robinson Tract 4-H Club. She had food preparation the past year for her project and is now taking room improvement. In this she has made one hooked rug, one crocheted rug, and one bed spread. She has refinished one Antique bedside table and made 2 etched trays. She is planning the color scheme for her bed room and expects to paint it soon. Judy attended 4-H Camp.

Mr. Knode retired in October and has opened up a shop to work on furniture. The family is active in the Community Improvement Club.

## 2. A CLUB IN COMMUNITY PROJECTS

The Wurno Home Demonstration Club has done outstanding work in their community. There is no center of interest in the Wurno Community since it is so close to nearby Pulaski where the children go to school and members attend Church. The Community Improvement, 4-H and Home Demonstration Clubs is now building a club house. The Home Demonstration Club purchased a 48 cup coffee urn, 100 coffee mugs, 200 water glasses and 84 place settings of stainless steel silverware and sponsored

the sale of cinder blocks for the community center, collecting \$450.00. In addition to these they had a Christmas party, members made 9 first aid kits, had one special program on health and urged members to have chest X-ray and Physical examination. They made 625 identification cards for District Home Demonstration meeting and were hostess to the County Achievement Day. They won the red ribbon for Educational exhibit at County fair. They had all mail boxes in Community painted and sold 48 name plates. They have two active 4-H leaders. For their money making projects they sponsored square dance for March of Dimes, purchased 25 wool blankets to be made in braided rugs and sold, sold etched trays, sold Christmas cards, two bake sales, sold vanilla and baking powder, "pig in the basket", miniature aprons and parcel post sale. All the proceeds go towards their community center.

Each member donated tea towels for the County money making project for the Educational Center at V.P.I. Eleven new members were added to the club and had devotionals at each meeting.

3. COMMUNITY IMPROVEMENT WORK

The Mountain View Community Improvement Club again placed first in the county. Competition was quite keen among these clubs. There being 5 clubs in all. Mt. View carried out 59 projects; Wurno club 35; Newbern 6; Shiloh 7 and Robinson Tract 2. Some of the major projects carried out by these clubs were: Three bought abandoned school buildings, one is erecting a Community Center and one fixed a basement of a church and one fixed the basement of a house for a temporary club room. Four clubs secured a doctor to serve their communities, they re-

modeled a building for her office, gave a shower for her and her nurse, went on a \$1000.00 note for her to buy needed office equipment. Four clubs were incorporated. They had roadside clean-ups, put up community signs, post and barrels for trash, had Christmas lighting contest, showered invalids and other needy families, improved mail boxes, sponsored girl scouts and community choir, cleaned up cemeteries, published weekly news letters, attended recreational short course, had radio programs regularly, entered floats at fair and educational exhibits, organized farm labor pool, were instrumental in establishing livestock market in the county, contributed to all health drives and solicited for County Life Saving Crew, made improvements on all Churches and parsonages in the communities, sponsored Lord's Acre, entered Church in the "Church of the Year" contest, conducted a rat campaign, promoted Wild Life program worked toward an appropriation for a new road and made community maps, designating where members lived.

#### 4. FEDERATION GOAL ACTIVITIES

Health was the federation goal. The first two months in the year were devoted to this. The objective being to have better health among club members. The federation goal leaders, who were trained by a member of the Pulaski County Life Saving Crew, gave the demonstration and lead the discussion on the first aid kit in every home. Forty eight first aid kits were either made or replenished after this.

The County Health Nurse gave a lecture demonstration at some of the club meetings in January. Her talk was centered on "General Health Conditions in the County". Due to conflicts in her schedule she was unable to go to all meetings.

As stated previously it was not a goal for each member to have a physical examination but much interest in this was aroused after the District Federation Meeting. Since then members in three clubs have had complete physical examinations by a local physician and three other clubs have already made plans to have them during the coming year. Seventy-one members had the examination.

The members felt that little had been done toward this goal during the year so they requested it for another year, which will also include safety.

#### 5. COUNTY OBJECTIVES

There were 5 county objectives as recommended by the Home Demonstration Committee. The first one was to sponsor a 4-H Club and get two leaders. When the home agent came to the county in February only 2 4-H Clubs had been organized for the year. Both of these clubs met out of school and home demonstration members were carrying on the work. The home agent organized twelve others in the schools. Sponsors who were selected cooperated beautifully. The home demonstration clubs tried to secure leaders to carry on the program in neighborhood groups in the summer. Due to some women working in industries it was impossible to secure enough, however, much progress was made.

A second objective was for each home to have running water. Thirty-five members in Community Improvement clubs added water

in 1953. In 1950 20% of the homes in the county had running water. 38% have water now, an increase of 18% in 3 years.

A third objective was to be informed and participate in National, State and County Affairs. Each of the Community Clubs kept their members informed and a large number of the members did vote. A fourth objective to promote Home Demonstration work, this they did. The last one to get new members. Even though the membership does not show this many new members have been added this year. The rolls were revised in March and all "dead Wood" was taken off.

#### 6. RESULT DEMONSTRATION

Only one result demonstration has been carried out this year. The Curtis Grahams own an old home which was inconvenient in every respect. Miss Mary Settle, Extension Housing Specialist, was invited to a meeting in the Graham home. All clubs in the County who were interested in remodeling were invited. Miss Settle discussed with the Grahams what they had in mind. She then planned the kitchen to make it more convenient and attractive and then planned the bath room so that it would be conveniently located. This was to be a long range remodeling job but the work is well on the way to completion. Another meeting will be held in 1954 to show the job completed.

#### 7. NATIONAL HOME DEMONSTRATION WEEK

National Home Demonstration week was observed in Fulaski County chiefly by the clubs being hostess to the District Federation meeting. Every club member who was called on to

take part, did so. Eighty-five attended the sessions. In addition 8 clubs had exhibits in store windows in Pulaski and one in Fairlawn. There were several news articles about Home Demonstration work in the paper and a radio broadcast.

8. COUNTY FAIR

A county fair was held September 18-19. This was the first one in many years. Three home demonstration clubs and three community improvement clubs had educational exhibits. In addition to the Educational exhibits many individuals had exhibits. Approximately 80% of the exhibits were made by members of a community improvement, home demonstration or 4-H club. Since it was the first fair and was gotten up hurriedly only ribbons were given. The fair was such a success that a fair in 1954 is already being planned.

9. INSTITUTE OF RURAL AFFAIRS

Each Home Demonstration Club was urged to have representatives at the Institute of Rural Affairs and the State Federation meeting of Home Demonstration Clubs. Since Pulaski County is near Blacksburg, the members decided to drive each day. Due to the hot weather only ten attended. However, they gave reports at their respective clubs at the following meeting.

10. ACHIEVEMENT DAY

An Achievement Day was held in October for the first time. The Wurno Home Demonstration club was hostess to the other clubs. Mrs. F. F. Carr, State President of Federation of Home Demonstration Clubs, was the guest speaker. Mrs. Earl Owens, past County President, presided. Each club gave a report in

some unique manner of the outstanding activities during the year. They were all good reports and quite interesting.

VI. 4-H CLUB WORK

A. PROJECT WORK

I. SUBJECT MATTER IN FOODS AND NUTRITION

The 4-H clubs did not get organized until February due to unavoidable reasons. The club had planned the previous summer at their program planning meeting to have room improvement for their project in 1953. Since nothing had been done in the clubs, it was decided to have Food for Pep for the major project and take up room improvement in 1954.

a. Food for Pep

Twelve clubs that met in school had food for pep for their project. The objective was to teach the girls that good health is necessary to growing girls and to have good health the proper food is essential. Method and lecture demonstration, supplemented by illustrative materials were used by the home agent at all meetings.

Two hundred and ten girls had this project with 169 completing the minimum requirements. 141 girls kept a record of meals eaten for two weeks (Fall check was omitted,) 13 pasturized milk according to directions as many as 3 times; 105 made milk drinks as many as five times; 154 washed dishes as many as 30 times; 48 prepared school lunch as many as 20 times. (majority members ate lunch in school room.) 151 set the table as many as 30 times; 106 learned to eat 2 new foods; 118 consumed 1 quart milk daily for

two weeks, and 141 learned the "Basic Seven" food groups.

b. Meal Planning, Preparation and Service

One club which met out of school and one neighborhood group chose Meal Planning, Preparation and Service for their projects. Mrs. M. M. Titus is the leader for the club that meets out of school and Miss Lucy Miller met with a neighborhood group in the summer.

The objective of the project was to teach the girls to plan nutritious meals, to prepare foods needed in the diet and to serve it in an attractive manner. Method demonstrations were given by the agent and leader.

Fourteen girls enrolled in the project with 11 completing the minimum requirements.

Set table correctly 1980 times; planned and packed lunches for selves or other members of family 460 times; cooked cereal 75 times, milk dishes 161 times, egg dishes 788 times, cooked vegetables 258 times and salads 97 times, cooked sausage 52 times, hamburger 127 times, bacon 429, other meats 229 times, dressed chicken 62 times, cooked chicken 70 times, cooked ham 86 times, made cake 94 times, cookies 189 times, pies 111 times, ice cream 49 and other deserts 91 times; planned family dinner 145 times, prepared complete meal 308 times, eleven girls helped plan, prepare and serve club meal and 17 served club refreshments.

d. Food Preservation

Only one girl chose this for her project. She canned alone 44 quarts of food.

2. SUBJECT MATTER IN CLOTHING

Several groups chose So You'd Like to Sew for their summer project. Only two groups met; however, the objective was to teach the girls simple sewing techniques, the use of patterns and fitting pieces together.

Eleven girls enrolled in the two neighborhood groups and nine completed the minimum requirements.

Thirteen head scarves were made; two needle cases; three baby's bibs; 14 towels; 7 aprons; 5 wristpin cushions; six skirts; 12 handkerchiefs; 7 blouses; and 9 collars. All girls had a well equipped sewing box.

3. Electrical Project Unit I

One club which met out of school selected the electrical project Unit I since there were both boys and girls in the group the objective was to teach the members some simple fundamentals of electricity and electrical appliances. Method demonstration were given by the County Agent 1; home agent 7; and representative of the Electric Company 1. Mrs. G. C. Boothe, Jr. and Mrs. W. B. Mitchell are the leaders in the club. The club members discussed the reasons why electricity is important in the home and on the farm; listed all the electrical equipment in use; bought several items and made 7 electrical lamps and converted several lamps, improved the lighting in a room and repaired several cords.

B. OTHER ACTIVITIES

I. DISTRICT CAMP

Thirteen girls, one leader and the home agent attended Camp Summers in July. This is the largest number of girls ever to

attend 4-H camp from Pulaski County. These girls were from 10-13 years of age. There were only two home agents at the camp. They divided the responsibilities.

Six girls over 13 and one leader attended Camp Caesar in June. Much interest was shown by all girls who attended camp. They have had one radio talk since then about activities at camp.

2. State 4-H Short Course

There were no clubs in the county organized for older girls the past year. So no girls taking home economics projects attended camp. Lillian Dalton, an All-Star, attended and made a report. Due to no club in the school she attended and the agent being new, Lillian did not take a project, however, she did enroll in July, Verle Ann Owens attended but she was enrolled in the Sow and Litter Project.

3. Rural Life Sunday

The Newbern, Robinson Tract, Riverlawn (2) Shiloh and Wurno clubs observed Rural Life Sunday in May. The home agent attended the services at Wurno and Shiloh. All programs were very successful. At Shiloh the entire service was in charge of 4-H members, as the Church was without a pastor at the time. The Wurno Club had a vesper service which was recorded and given on the radio.

4. County Fair

The Wurno 4-H Club entered an exhibit at the County Fair. They had electricity Unity I for their project during the year. The exhibit was centered around this. Members from several 4-H clubs entered articles of clothing, food and house furnishing in the individual exhibits.

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VII. SCOPE OF WORK

	1949	1950	1951	1952	1953
No. H. D. Clubs or Groups	11	12	10	10	10
Membership	226	241	258	245	212
No. A-H Clubs	11	14	13	16	14
Membership	175	281	210	273	236
No. YMW Groups					
Membership					
No. other families reached	120	200	265	276	300
No. of different families reached	401	486	512	571	673
No. Community Clubs				4	5
Membership				222	226

VIII. ORGANIZATIONS FUNCTIONING IN THE 1953 PROGRAMA. COUNTY PROGRAM PLANNING COMMITTEE

Each club had a program development leader. The home agent met with these in May instructing them as to their duties. Each went back to her respective club discussed the programs the past four years and the needs. The next meeting of the club these needs were translated into program topics. In August a meeting of the club Presidents and program development leaders was held to work out a month by month program from the suggestions which had been made by the clubs. The program development leaders took the month by month program back to the clubs for adoption.

B. COUNTY HOME DEMONSTRATION COMMITTEE

The home demonstration committee had three meetings during the year. Two of these were to make plans for the District Federation meeting which was held in the County in May. The third

one was in connection with the meeting objectives and goals for the coming year were set up. Also plans were made to raise money for the V.F.I. Educational Center. Other business matters common to all clubs were discussed. The following officers were elected to serve for two years: Mrs. G. C. Boothe, Sr. President, Mrs. A. M. Knobe, Vice-President, Mrs. L. A. Mathews, Secretary, and Mrs. J. T. Kelly, Treasurer. Plans for the Achievement Day were made and the year book was planned.

C. COUNTY 4-H PROJECT PLANNING COMMITTEE

As stated previously the 4-H planning committee did not meet as it was understood in February when the project was changed from your Room Pep it Up to Food for Pep.

D. COUNTY 4-H COUNCIL

The 4-H Council met once during the year. Ten clubs were represented with 36 members and leaders present. Officers were elected. The council decided to observe National 4-H Sunday in May and urged more members to attend camp. Both of these were accomplished.

E. PROFESSIONAL WORKERS

There have been two meetings of professional workers during the year. The first meeting was in relation to National Water System month. The workers planned to observe the month as designated. The workers planned local water system exhibits. The home agent had charge of the publicity. Several articles appeared in the local paper about it. A survey was made as to the number of homes in the county had water or expected to put in water. The second meeting was in relation to the daily farm and home radio programs.

A schedule was made out for the summer months. The home agent chose Mondays. The program is on the air from 12:00 to 12:15 Noon.

IX. LEADERSHIP

I. Organizational

Copies of the Virginia Federation of Home Demonstration club handbook were given to each club. Much information that is valuable to the improvement of a home demonstration club is in this book. The organizational leaders in the county have as a whole done very good work during the year. Where these leaders have functioned efficiently the club has progressed. These leaders and other club members realize the need for training so some meeting in the early part of the new year will be devoted to parliamentary procedures. Duties of officers will be recognized.

2. Program Development

The program development leaders who realize their responsibilities to the club were a great asset the past year. The home agent trained them, giving each material that would be of help in learning the needs. Right did an excellent job of discussing the community needs and at a later meeting interpreted these needs into program topics. If the program set up is one appeals to a majority of the people more interest will be shown by the club members. From as a result of the efforts of the program development leaders in 1953 a program that interests club members has been planned for 1954.

3. Subject Matter - Leaders were designated to give demonstrations in December, May, August and November.

a. House Furnishing - Leaders were trained to give the May demonstration on Arranging the furniture and Accessories in the

dining room to meet the needs of the family. Miss Ruth Jamison, House Furnishing Specialist, trained the leaders. All leaders who attended gave the demonstrations and from all reports did a good job of it.

Three leaders were trained individually by the home agent to give demonstrations on storage in November. These three leaders gave the demonstrations.

b. Recreation

Mr. Ralph Studebaker, Town Recreational Director, held a training school in May for leaders of Community Improvement, home demonstration and 4-H clubs. There were four sessions. The leaders then took care of the recreational activities at their August meetings.

c. Handicraft

It was not in the plan for the leaders to give any demonstrations in October, but since the home agent had to be in another county for a week to judge community improvement clubs and prepare for the judging in her own county it was necessary for the leaders to give the demonstrations in her absence. Two leaders were trained by the home agent to give the demonstrations on tufting bedspreads. They gave these demonstrations.

Leaders in two clubs had been trained by former agents to make baskets and etch trays. These leaders had charge of their meetings.

d. Health

The leaders were trained late in 1952 by a member of the Life Saving Crew on First Aid Kits for the home. Five leaders went back to their clubs and had charge of the meeting.

<u>H.H. Club Project Leader Leadership</u>	1949	1950	1951	1952	1953
No. Project leaders (Subject Matter)	48	30	28	24	
No. goal chairment	-	10	10	10	10
No. training meetings held by Specialist	-	2	4	4	1
by Agent	2	2	2	3	6
Attendance at all training meetings	18	142	102	94	45
No. Club meetings held by leaders without agent present	3	17	28	86	44
No. additional club meetings at which leaders assisted	59	67	48	71	25
<u>Growth of 4-H Club Project Leadership</u>					
No. Adult project leaders	12	31	22	23	9
No. Junior project leaders	-	2	13	14	-
No. training meetings held by specialist	-	-	-	1	-
by agent	1	3	13	2	-
Attendance at leader training meeting	14	20	23	32	-
No. 4-H leaders trained individually	7	28	18	15	9
No. club meetings held by leader without agent present	12	64	66	40	17
No. of additional club meetings which leaders assisted	54	132	135	151	28
No. demonstration given by leaders	16	92	101	80	29
by adults	16	79	156	194	17
by juniors	-	3	36	96	12

C. OUTSTANDING LEADERSHIP

Mrs. Earl Owens has been an outstanding leader in organizational work. She is a past President of the Home demonstration Committee and is outgoing President of her own club. She served on numerous committees for District Federation meetings, as well as other committees. She was Chairman of the yearbook committee which has received many favorable comments. Due to the illness in the family of the County

Chairman she presided at the County Home Demonstration Achievement Day. She was not on the finance committee but helped at the first sale of dish towels. When that turned out a failure she made the arrangements for another try.

Mrs. Owens was called in to assist the county chairman with presenting the information of the Educational Center at V.F.I. to the various clubs. She attended three club meetings and presented the idea. Each voted in favor of it. She is Chairman of the home improvement committee in her Community Improvement Club.

X. WORK WITH OTHER AGENCIES

A. Appalachian Electric Power Company- Mr. A. L. Graham has attended one meeting teaching the members to repair cords. He attended all community improvement meetings in May and demonstrated the use of water in the home and farm using a flannelgraph. He has attended an organizational meeting of one community improvement club and then gave a demonstration on proper lighting at the same club the following month.

The Home Economist gave a demonstration on electrical equipment to one community improvement club and 4-H Club.

b. School Board

The school board was contacted in June. They granted permission to use a school bus to transport club members to camp.

c. Fulaski Chamber of Commerce

The Agricultural Committee of the Fulaski Chamber of Commerce has been most helpful with Community Improvement work. One member attended all the judging of the clubs in the county, also when the winning club was judged for the area contest. Several members were present when the County Council of Improvement Clubs was discussed.

The Agricultural Committee sponsored a County Fair, the first to be held in years. Spaces were provided for home economics exhibits. The fair was held at the new livestock market.

d. Local Newspaper

The local newspaper has carried several articles of publicity on home demonstration and 4-H activities and community improvement club activities. There were times however, when the home demonstration clubs wanted publicity on various activities but they did not get it due to unavoidable reasons. The agent had 26 articles published.

e. Local Radio Station

The home agent has radio broadcasts weekly. She has given 38 broadcasts in the 10 months she has been in the county. The Radio station has been most cooperative. The home agent is on the radio each Monday on the Farm and Home hour from 12:00 to 12:15 P. M.

f. Fulaski County Library

The Fulaski County Library has cooperated especially concerning the books on the recommended reading list. The County Librarian has a list of these books and recommends them to the club members. One goal for 1954 is to encourage reading of these books.

XI. APPRAISAL OF THE YEAR'S WORK

The 1953 program contributed greatly to better homemaking through the health program. Better homemaking, better rural living, and improved people both adult and youth can be obtained if the people have better health. During the year the Federation Goal was health. The aim was for each family to have a first aid kit and to study the health situation in Virginia. In addition to health, other objectives were to have better family health through improved dining areas, to have better health by saving time and

energy by having proper storage spaces throughout the home, to include more vitamin C in the diet to build strong bodies that can throw off infections and to have handicraft as this is valuable for mental health.

All of these objectives were reached as the club members reported many accomplishments along these lines. Of course they were not reached 100% but they will continue as time goes on to make improvements in the dining area, all realize the importance of proper food and make improvements in the storage spaces. The community improvement clubs have done wonders in better rural living with the many projects they undertook toward making their communities better places to live with many of these projects centered around better health.

The 4-H clubs had for their major project Food for Pep. This included proper food and food habits for growing girls necessary for good health.

The home agent feels that progress has been made toward better living through the home demonstration, community improvement and 4-H clubs during 1953.

The home agent feels that the 1954 program will be strengthened as she knows more of the people, situations and the set-up. She was at the planning meeting and has a clearer conception of the program the people want. In the Community Improvement Club work the home agent knew very little as to their set up in 1953. She has had varied experiences during the year and is in a position to give greater assistance as a result of it.