The girls and their teachers will be asked to help find suitable and willing leaders, then the agent will visit the prospects. Enough time will be the biggest factor in securing good leaders. The new leaders and the old leaders need more training in the function of 4-H and its possibilities for developing young citizens. Then they can fuller understand how they may help as leaders. Subject matter training is also needed. The methods to be used are leaders training meetings, home visits, and subscription to the National 4-H news for each 4-H leader. A great many of the leaders are handicapped for transportation so some of the training will have to be done in home visits. Again time is the real problem. Greater participation in the County Contest and Fair will be encouraged in club meetings by greater opportunties for individual demonstrations and increased publicity.

assistance when asked, and passing along to rural people the importance of other professional groups.

XI. Plans For Recording Progress and Evaluating Program Planned for 1955

A record of all activities will be kept, by using the monthly report and these records plus the 4-H record books, and the notes on each meeting, the Home Demonstration check sheets of accomplishments, and the secretary's report of each meeting the agent should need to evaluate the method used as to how well they met the goals planned for 1955.

XII. Plans for Professional Improvement

A. Organized Study

The agent will attend one weeks agent's conference and one week at the Institute of Rural Affairs at V.P.I. so she can gain a fuller understanding of Extension methods. The agent will also attend the 4-H Short Course and try to gain a better knowledge of 4-H contest phase of Extension.

B . Reading Professional Books and other Publications

The agent will study professional books, monthly magazines or any pblications that should be helpful in planning her work.

C. Membership in Professional Organizations

Membership in the American Home Ecomonics Association will be continued.

D. Participation in Program Planned by Other Organizations

When possible the agent will attend and cooperate with any program planned by organizations influencing or conected with rural people of Fauquier County.

XIII. Plans for cooperating with other Extension agents

The home agent shall endeavor to cooperate with the other Extension agents in the county whenever called on. We shall continue to work together on the Fauquier Junior Fair and 4-H Club work.

XIV. Problems in Carrying out the Extension Program in Fauquier County

The greatest problems are raising the percentage of 4-H Projects completed, finding more 4-H club leaders, training the 4-H leaders we already have, and increasing the quality of project work.

To improve project completion more time will be given to explanation of records and why we need them. More encouragement and progress reports during the project.

A training meeting will be held to explain project instruction, requirements, and possibilities. Each leader will receive the National 4-H news as a gift from the County Council.
Junior Leaders will assist the adult leaders and agent in work on the specific projects and project completion.

IX. Plans for Work With Other Agencies

A. County Health Department

Home Demonstration Clubs have asked the assistance of the Health Department in carrying out their health and safety goal. The public health nurse will assist when necessary.

B. Home Economics Teachers

The Home Economic teachers and the agent cooperate on the running of the Fauquier Junior Fair (FFA,FHA, 4-H). We shall assist each other in judging project work.

C. Electric Companies

The assistance of VEPCO Home Economist will be utilized in the project demonstrations and for members taking the electric project.

X. Development of Good Public Relations

A. Elected Representatives

An annual report of the progress made in the county will be given the Board of Supervisors, Representatives from the board will be invited to attend the annual Achievement Program.

B .General Public

In planning the program the needs of the majority will try to be met. The newspaper column and radio will strive to be of public interest. Demonstrations or assistance will be given civic or other organizations when requested.

C. Co-Workers

Through staff meetings we can all better understand our program and work together for better service to the people of Fauquier.

D. Commerical Interests

A friendly attitude and expressions of appreciation for services given by commerical interests will help maintain good relations.

E. Other Professional Workers

The agent will cooperate with other professional workers by showing an interest in their program,

encourage cooperation and assistacne between the two groups.

B . 4-H Club

	No. in 1951	No. in 1952	No. in 1953	No. in 1954	No. in 1955
No. of 4-H Club Officers	40	46	50	75	100
No. Adult Project Leaders	10	10	13	25	20
No. Junior Project Leaders	12	11	3	6	6
No. Result Demonstrators	4	29	25	20	-
No. meetings at which leaders were trained by specialist	3	4	9	2	-
No. meetings at which leaders were trained by district agent	-	-	-	-	-
No. meetings at which leaders were trained by agent	3	4	1	3	2
No. meetins at which leaders were trained by personnel in 4-H department	-	-	-	-	1
Attendance at leader training meetings	-	-	-	-	40
No. 4-H leaders trained individually	-	-	-	-	20
No. club meetings held by leaders without agent present	-	-	-	-	20
No. club meetings at which leader assisted	-	-	-	-	40
No. demonstrations given by adult leaders	-	-	-	-	20
No. demonstrations given by junior leaders	-	-	-	-	28

4-H club officers will be trained following the meeting at which they were elected in a conference with the agent. This is to help them to better equipe them to carry out the duties of their office. They will preside at each meeting of the 4-H club. Club secretary will act as reporter and send minutes of meeting to be put in the newspaper.
Adult leaders encourage the completion of projects and work with the community projects, and other activities of the club.

VIII. Plan for Leadership:

A. Home Demonstration	No. in 1951	No. in 1952	No. in 1953	No. in 1954	No. in 1955
No. Project Leaders (subject matter)	96	86	84	120	91
No. Federation Goal Chairman	13	14	14	15	13
No. Program Development Leaders	13	14	14	15	13
No. of Result Demonstrators	27	40	17	20	13
No. meetings at which leaders were trained by specialist	5	4	7	5	3
No. meetings at which leaders were trained by dist. agent	-	1	1	1	-
No. meetings at which leaders were trained by agent	1	2	3	3	2
Attendance at training meetings	100	164	126	150	70
No. club meetings held by leaders without agent	44	76	96	75	91
No. club meetings in which leaders assisted	-	-	-	-	26
Total number of demonstrations given by leaders	60	102	106	100	117
Total number of talks or discussion by leaders	175	183	200	220	169

Project Leaders will receive training for the demonstrations which they are to give to their club, from the specialist or from the agent.
The Federation Goal Chairman will meet with the County Council chairman and the agent to draw up aplan for carrying out the County objectives in the goal. Organizational ledders will receive some training in the spring and fall county committee meetings. A monthly Presidents letter from the office will remind the officers of current topics and encourage the clubs to work together as a group.

The Program Development leaders will be trained at the spring and fall planning meetings by the District and County Home Demonstration agents. These leaders will guide the present program and assist in planning the program for the coming year.

The 4-H club committee will serve as contact between the local Home Demonstration and 4-H clubs and will

IV. Young Men and Young Women's Work

An effort will be made to include a greater number of the young people between 18 and 30 in Extension activities by inviting them to meetings in which they would be interested and by encouraging them to participate as leaders in the 4-H programs.

V. Farm and Home Development

The agent shall attend a 3 day school at Luray in January on this phase of Extension before drawing up definite aims.

VI. Scope of Work

A. Organization	No. in 1951	No. in 1952	No. in 1953	No. in 1954	No. in 1955
Number of Home Dem. Clubs	13	14	14	13	14
Membership	376	376	376	376	380
Number of 4-H Clubs	10	11	10	14	20
Membership	163	179	159	224	285

VII. Use of Organization to Strengthen the Extension Program

A. County Home Demonstration Committee

The County Home Demonstration Committee will serve as a planning committee for the home demonstration program in the county. They will set goals toward which the clubs will work. The committee will also publish a yearbook, sponsor an adult Acheivement Day, and assist with 4-H activities.

B. County 4-H Council

This council will help plan and organize the Fauquier Junior Fair, District Camp Achievement night, Valentine Party, and County Picnic. The council composed of the officers of 15 clubs will hold two meetings.

C. County Honor Club

The newly organized Honor Club will endeavor to strengthen the 4-H program through their individual goals for better project work, more club programs, more recreation, juhior leaders and self improvement. They will advertise 4-H club work by the 4-H float in the fireman's Parade. Two meetings will be held during the year.

the Achievement Night.

5. Ironing

a. Objectives: To teach the proper methods of ironing to save time and energy. To develop poise in the girls.

b. Procedure: Teach the Ironing project and encourage individuals demonstrations in this area.

B. Other Activities

1. Camp
Only the 4-H girls that do good project work will be allowed to attend 4-H camp at Powell's Fort Valley. In 1955, the clubs will strive to have thirty (30) members attending camp. Members attending camp will be asked to give reports to their clubs.

2. Junior Fair
The 4-H, FFA, and FHA will continue to compete in the Annual Junior Fair for the 5th year, undeer the sponsorship of the X-4-H Farmers Club. All members will be encouraged to exhibit at least one item. The County Council will sponsor a food booth at the Fair to raise money.

3. National 4-H Achievement Week
The County Council officers will plan and conduct the Third Achievement Program, inorder to show the accomplishments and aims of 4-H work. Each club will display an exhibit in their community Showing some phase of club work. This will be during National 4-H club week.

4. County and Area Contests
In the fall the 4-H members are encouraged to enter the County Girl's Contest. The County winner will work on demonstrations and records to be ready to enter the Area Contest in the winter.

5. National 4-H Club Week
Emphasis will be placed on letting people know who the 4-H clubbers are and what they do. This will be done with the newspaper, radio and placing two 4-H Welcome signs on Rt. 17 at Paris and Goldvein during that week.

6. Rural Life Sunday
At the Spring County Council meeting, it will be decided when to observe Rural Life Sunday. We will strive to have 40% of club members attend and sit in a group.

III. 4-H Club Work

A. Project Work

1. Clothing

a. Objectives: To instill an appreciation in cleanliness and good grooming. To develop an interest and appreciation in sewing and teach the basic principals of sewing.

b. Procedure: Instruction will be given in the "Looking Your Best" and "So You'd Like to Sew" projects. Individually trained leaders will assist with this instruction.

2. Foods

a. Objectives: To teach the girls to plan, , prepare and serve simple well balanced meals to their families. To develop self confidence and poise through opportunities to demonstrate before a group.

b. Procedure: Meal Planning and Preparation will be studied in the club. The leaders will be trained by the agent and assist the agentin planning and teaching the project. The leaders will encourage completion of project requirements and they will be encouraged to hold meetings in homes during the summer months.

3. Electric

a. Objectives: To teach a better understanding and use of electricity. To teach proper care and repair of electrical equipment.

b. Procedure: Hold series of three County-wide classes to study the above. Teach basic principals of electricity, repair of cords, care of electric appliances, and prpper lighting for health. The agents in cooperation with the VEPCO Agr. Engineer and Home Economist will give the instruction.

4. Farm and Hom e Safety

a. Objectives: To promote an awareness of safety hazards and cultivate better habits of safety. To decrease the high rate of farm and home accidents in Fauquier.

b. Procedure: Have girls to complete the farm and home safety project. Give extra recognition to the outstanding folks in this project with so much value and competition at the

b. District, State and National Home Demonstration Meeting

An effort will be made to have good representation of the clubs at National, District and State meetings. The value of these meetings is in the inspiration given delegates to build a better local program, and in the realization that they are part of a large and active organization.

c. National Home Demonstration Week
National Home Demonstration Week is observed the first week of May. The District Federation meeting is held at this time, and the program is centered around the ideals and aims of Home Demonstration Work. There will be a County window display of activities and accomplishments of the Home Demonstration clubs.

d. Assist with the Fauquier Junior Fair with donations and by increasing the educational value of the Fair by placing thirteen educational exhibits at the Fair. The County Home Demonstration Clubs will sponsor a bake booth at the Fair, to aid advertisement and to raise money.

e. Float in the Warrenton Fireman's Parade
The Home Demonstration Committee sponsored this float to better publicize the work of their organization and as an act of cooperating with the community organizations.

f. Community Drives
Each club will contribute to the March of Dimes, Religious Education, Red Cross and the Cancer Drive with small money contributions. The clubs will be encouraged to roll Cancer dressings.

g. Work in Unorganized Communities
The goal for 1955 is to work with homemakers in one unorganized community in the county. Home visits, and at least three (3) demonstrations will be given before the community is encouraged to organize a Home Demonstration Club.

h. Result Demonstrations
The goal for 1955 will be to have thirteen (13) result demonstrations in living rooms, kitchens, laundry areas, yards, or weight reduction.

trained leaders. Result demonstrations will be encouraged in remodeling living rooms,

B. Health and Safety, Federation Goal

Health and Safety was selected as the Federation Goal for the second year because the women felt the need to learn more in this field to assist their homes and to assist their communities in improving healthand safety conditions.
The main aims shall be to assist the new County Hospital, to study first-aid and home nursing, and to give driving lessons and encourage highway safety. We shall also cooperate and aid organizations such as Red Cross, Police, etc. Every member will endeavor to have a yearly physical check-up: and work to eliminate hazards at home, public buildings, and schools.

Procedure: The County Federation Goal Leader shall call a meeting of all the Federation Goal Leaders. Together they shall make the necessary arrangements to carry out these goals. The Goal leaders will be trained on January 6th to give the January club demonstration on "First-Aid and Home Care of the Sick". The leaders and the agent will work together to secure a community person to demonstrate "Highway Do's and Don't's" or "How to Make a Sick Person Comfortable" at the June meeting.
We shall arrange a special interest meeting on Civil Defense to be held in three areas of the County in the spring. Then during the summer driving classes will be held to aid women in securing driving permits. The leaders shall probably decide at their meeting on using 5 minutes at six meetings on goal aims, and have each club to work for one needed improvement in the Fauquier County Hospital.

C. Other Activities

1. County Projects

a. 7th Annual Achievement Program

A County committee will plan a program summarizing the accomplishments of the year in such a manner as to interest the entire family. The program will be presented in the fall.

to be given to the clubs in May. Miss Thompson will train the food leaders to demonstrate "Oven and Casserole Dishes" and "Pies and Pastries", in September and November. The agent will give the demonstration on Practical Salads in July. Weight Reduction will be encouraged as a result demonstration.

2. Family Life

a. Objectives: To assist the Home Demonstration women to play with their families. To help unite the community.

b. Procedure: The agent will train the Vice-President from the 10 clubs that have decided to have "Ideas for Entertaining the Family" in preparation for their December meeting. The office will mimeograph Refreation booklets for the Home Demonstration members. Each club will plan a special community picnic.

3. Crafts

a. Objectives: To gain a understanding of a good design for crafts and exhibits. To teach a useful an enjoyable leisure time activity. To gain more skill in a previously studied craft.

b. Procedure: The agent will give the demonstration on "Good Designs for Crafts and Exhibits" at the February club meetings. Miss Peery will hold an all day training and Special Interest meeting on " Advanced Antique Stenciling" and another all day meeting on "Advanced Basketry". The clubs will each study Baskets or Stenciling in their March meeting.

4. H ouse Furnishings

a. Obje ctives: To give assistance im making the home more attractive. To continue work already started as a carry-over fromthe Home Beautification Goal that was carried in 1951 - 1953.

b. Procedure: H old a Special Interest meeting on slip covers in three different areas of the county. These will be taught by previously

1955 PLAN OF WORK

Eva Jo Dobbins
Home Demonstration Agent

Fauquier
County

1. County Situation

Fauquier County is basically an agricultural County. Approximately 3/4 of its 422,400 acres are used for farming. The main products are beef and dairy, small grains, grass seeds, and poultry, in that order.

Of the 21,248 people 1,780 lives in the county seat, Warrenton. 26.9% of the total population is negro. There are 5,269 households with a median family income of $1,371 annually.

The 1581 farms have an average of 199.6 acres. 1,260 of these farms have electricity and 756 have telephones. There are many large estates with professional managers, many tenants, and many families living in the county that derive their income from non-farm source. The work planned in 1955 is based on the needs and interests of families and communities, the programs of previous years and their results, factual County information, and current outlook material.

II. The Adult Program

A. Subject Matter Fields

1. Foods and Nutrition

A. Objectives: To continue the already 5 years old program for better planning and preparation of the food for the family. To encourage folks to eat a well balanced diet for good health.

B. Procedure: The VEPCO Home Economist will train the December club hostesses to give the demonstration on Quick Holiday Refreshments in the clubs that have chosen this for their December meeting. The Office will mimeograph Refreshment Booklets for the Home Demonstration membership.
Miss Cameron Will taine the Food leaders to give a club demonstration on "Nutrition Safety" to the clubs in April. She will also assist the agent in planning "Individual Meals from the Freezer"

1955 PLAN OF WORK

EVA JO DOBBINS
Home Demonstration Agent

FAUQUIER COUNTY
County