

# ANNUAL NARRATIVE REPORT

## COUNTY EXTENSION WORK

### *Virginia Agricultural Extension Service*

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1959

FLOYD

**County**

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## VII. TWO MOST OUTSTANDING CONTRIBUTIONS MADE TO FAMILY LIVING

The Time Management Study made in the county was one of the highlights of the annual program and contributed much to family living. Sixty homemakers were asked to keep a record of their time use for a week. After keeping this record, many of these homemakers felt that they did not use their time wisely.

After these Time Management records were evaluated and studied, group meetings were conducted in two areas of the county for the benefit of all those who had kept records. The Home Management Specialist answered individual questions and helped each homemaker evaluate her time use giving consideration to her particular situation.

Many homemakers reported that this study and evaluation helped them to become more efficient homemakers thus devoting more time to their family and leisure.

Miss Emma Rocha, an International Farm Youth Exchangee, contributed much to family living in many homes in the county. She stayed in Floyd County for one month living with the Poff Simpson family. This family gave her many opportunities to meet county people.

Being an excellent grass roots ambassador, Emma told of her customs and family living in Argentina and eagerly observed and learned the customs of the people in the county.

As a result of her stay many families felt a much closer bond not only to Emma but to Argentina. Also, this international relation helped the families to have deeper interest in foreign relations. The Simpson family has stated many times that this has been one of the most educational experiences ever. They grew to love Emma and have kept constantly in touch with her since she left their home.

The Home Agent feels that giving these families a deeper understanding of foreign customs has contributed toward the improvement of family life in the county.

I. COUNTY SITUATION AS IT AFFECTED PROGRAM

Floyd County, Virginia is a rural county located in the Blue Ridge Mountain Plateau of southwest Virginia. Approximately 11,351 people live in the county which consists of 376 square miles. Floyd Court House is the largest village in the county with 550 residents.

White children are transported to the four consolidated elementary schools and three consolidated high schools in the county. These schools are located in Floyd, Willis, Check, and Indian Valley. Colored people are a minority group of approximately 500. Colored children attend the colored elementary school located in Floyd. Colored children of high school age have made application for entrance in two white high schools and are planning to enter in January.

Agriculture is the main source of income. There are 2,160 farms in the county. The average size of these farms is 93.7 acres. Seventy-five to eighty-five per cent of Floyd County income is derived from farming. More than half of the farmers are employed away from home. They are employed in nearby towns, Christiansburg, and Roanoke. These farmers farm on a part-time basis. Dairy and beef cattle furnish a large percentage of the farm income. Crops, poultry, hogs, and sheep offer support to the farm income. All of these farm products are shipped by truck to nearby markets in adjoining counties.

There is now dial telephone service to all parts of the county. This has been in existence for about one year. Electrical power is furnished to the county through the Appalachian Power Companies located in Christiansburg and Roanoke.

Several women and a few men in the county are employed at the local shirt factory and the garment factory. Since completion of the garment factory, a large percentage of the local women are now working. The attendance and membership of several of the Home Demonstration Clubs has decreased by the large percentage who are working.

Most major religious denominations are represented within the county including: Presbyterian, Lutheran, Methodist, Missionary Baptist, Primitive Baptist, Church of the Brethren, Nazarene, and Pentecostal Holiness Churches.

The county has a Health Department which has been operating for the past three years. A new clinic recently was completed and now has a staff of two doctors. Also practicing in the county are two general practitioners and two dentists.

There is a definite lack of recreational facilities in the county. There is only one social hall which is the VFW Post Home that can be rented for a small fee. A drive-in theater is located in the Check community on the eastern edge of the county.

## II. COUNTY EXTENSION PROGRAM - ADULT

### A. Organization

#### (1) County Agricultural Extension Service Board

A County Agricultural Extension Service Board exists only in the form of a planning board. The board of six supervisors and eight key leaders met in 1957. They studied the county situation and made recommendations for a long-range program. Food and Nutrition was the phase of home economics they considered most important.

The board has not met again

(2) Home Economics Council

A Home Economics Council will be organized whenever there are sufficient special interest committees operating in the county.

This committee will work with the Home Demonstration County Committee in correlating the over-all home economics program

(3) General Interest Committees

The county planning board recommended that a Family Financial Planning Committee be set up, however, the plan did not materialize as interest was greater in the home economics committees of Health, Food & Nutrition, and Time Management.

(4) Home Economics Committees

a. Health

A home nursing committee was set up in 1958. The committee consists of Mrs. R. O. Slusher, Jr., Mrs. Leslie Bell, and Mrs. Roberta Hewett. Ladies in various communities volunteered to be instructed in home nursing techniques. They were then encouraged to use their opportunities of teaching these classes back to their local communities.

b. Food & Nutrition

A Food & Nutrition Committee was set up in the early part of 1959. The committee members are Mrs. Poff Simpson, Mrs. L. D. Bowman, Mrs. T. B. Lee, Mrs. S. B. Alderman, Mrs. Calvin Howell, and Mrs. C. C. Harman. At the first meeting this committee discussed the Virginia Plan for reaching the people and reviewed the county situation. The chairman of the committee, Mrs. Poff Simpson, presented discussion

questions to encourage the members to consider all the possibilities that might be faced by such a committee. Objectives and goals and methods of reaching the goals were then established.

c. Time Management

A special interest meeting on Time Management was set up early in the year. This committee has been active and successful. The results of the committee's work will be explained under Section VI, A, of this report.

d. Home Demonstration Committee

The County Home Demonstration Club Committee is composed of the president and program development leader of each local Home Demonstration Club and the Home Demonstration Executive Council.

The council is composed of:

President . . . . .	Mrs. E. S. Burnett
Vice President . . . . .	Mrs. L. D. Bowman
Secretary . . . . .	Mrs. Poff Simpson
Treasurer . . . . .	Mrs. Dayton Burgess
Fed. Program of Work Chair. .	Mrs. Carlie Keith
Publicity Chairman . . . . .	Mrs. Lealie Pugh

The committee held two meetings in 1959. During the fall planning meeting the committee decided to take a tour of the Valleydale Meat Packing Company and Rainbo Bread Company in Roanoke, Virginia. Members were encouraged to urge the sale of the Virginia Home Demonstration Club News and the agent was asked to make the announcements also.

It was the decision of this committee to serve the Board of Supervisors a luncheon as an expression of appreciation for the cooperation and interest that they have shown the program during the

past years.

Following the business meeting, parliamentary procedure training was presented to Home Demonstration Club officers. The training was given in the form of skits presented by Home Demonstration Club members. Training was also given in skit form by the Check Home Demonstration Club on "How to Prepare a Club Scrapbook." All clubs were then encouraged to keep a scrapbook record of their activities.

During the spring planning meeting the committee selected the 1960 Program of Work, made plans for the fall achievement day program, set up county objectives, made plans for the 1960 year book and elected officers. Officers elected were: President - Mrs. Poff Simpson; Secretary - Mrs. Leslie Fugh. These items of business will be discussed under the proper divisions.

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

##### (1) Monthly Home Demonstration Club Programs

Monthly Home Demonstration Club programs were selected by a Home Demonstration Club committee composed of all club presidents and program development leaders. During the March meeting all clubs had the opportunity to make suggestions for topics that they wanted included in the annual program. The agent summarized those suggestions and sent them back to the clubs to select the ones that they most preferred. From those final choices the committee selected the topics which were most popular among the people. It was felt that a program of this type would best meet the needs of all the people involved.

In planning the monthly demonstrations, the agent and the leaders tried to emphasize not only the actual methods of doing things but

also the principles behind these methods. It is the custom in the county that the agent present half of the demonstrations to each club and that the leaders present the other half. This encourages leadership on the part of each of the local leaders and also gives the agent an opportunity to know the people better. The Home Agent has worked with the County Agent in presenting the demonstration on garden pests and also had the assistance of specialists to give training meetings for eleven of the monthly topics.

Commercial concerns in the town were willing to cooperate by lending equipment for demonstrations both at leader training meetings and local club meetings. Equipment was borrowed from Harris & High Furniture Company for the demonstration on small electrical appliances, from Clover Feed and Seed Store and Western Auto for the demonstrations on household and garden pests, and from the Farmers' Supply Hardware for the demonstration on finish and care of wood floors.

Printed information was given to homemakers during each demonstration.

a. Food & Nutrition

Demonstrations - Christmas Candies  
Nutritious and Appetizing Breakfasts  
Use of Cottage Cheese in the Diet  
Salads and Salad Dressings

These demonstration topics were selected by the Home Demonstration Committee during the spring planning meeting. The topics were selected from suggestions presented by all Home Demonstration Club members.

Christmas Candies was selected in order to help teach homemakers the proper procedures and principles involved in sugar

cookery. The homemakers were familiar with making candy, however, the reasons behind the principles involved were not clear. A leader training meeting was presented in November, 1958, by Mrs. Mary Thompson to all food leaders of the clubs who in turn presented the demonstration to the club members. The Home Agent assisted in presenting half of these demonstrations with leaders responsible for setting up the demonstration and the agent responsible for the explanation of principles involved. After the December demonstration, these principles were more clearly understood by club members and thus the members were more skilled in sugar cookery.

Nutritious and Appealing Breakfasts was selected as a demonstrational topic to help improve family living through better nutrition and to help homemakers recognize the importance of good breakfasts. In surveys throughout Virginia it has been found that many people eat poor breakfasts and this fact was believed to be true in Floyd County. Mrs. Mary Thompson, Food Specialist from VPI, presented the leader training meeting in November, 1958, to 22 leaders from the Home Demonstration Clubs. The Home Agent presented this demonstration or assisted leaders in giving the demonstration in half of the 20 clubs. During the demonstration, leaders were encouraged to emphasize the importance of eating a good breakfast and were shown a variety of ideas for different breakfasts and for speed in preparing breakfast. At the club meetings following this monthly demonstration, club members reported that they had tried 208 new and varied breakfast ideas in order to encourage their families to eat breakfast.

Use of Cottage Cheese in the Diet. In May, Mrs. Mary Thompson presented the leader training meeting on the "Use of Cottage Cheese in the Diet" to leaders from 15 clubs. The demonstrational topic was selected to help homemakers recognize the importance of milk in the diet and show a variety of ways that it can be used. All club members who saw this demonstration were encouraged to use more milk in their diet and to use it in a variety of ways. Several cottage cheese dishes were prepared in each Home Demonstration Club. All Home Demonstration Club members reported using a total of 654 new recipes from the five monthly food demonstrations.

Salads and Salad Dressings was also presented in the leader training meeting in May by Mrs. Mary Thompson for the purpose of emphasizing the importance of well balanced meals and to show the place of salads in the Basic Seven. This demonstration was selected because it was felt that sufficient Vitamin C is not included in the diets of the Floyd County people. The leaders were encouraged to emphasize fruits and vegetables that contain this vitamin and to present to their local clubs a variety of salads that would be both attractive and nutritious. Leaders presented this demonstration in 10 clubs while the agent presented it in 4 clubs and assisted with presenting it in 6 clubs. The taste and eye appeal served as a stimulant for the Home Demonstration Club ladies to go home and prepare these salads. As a result it is estimated that over 150 people tried these salad ideas. Many of the salads were prepared again in August when most clubs had family picnics.

b. Food Preservation

Demonstration: Wise Use of the Freezer

In October, Mrs. Mary Thompson, Food Specialist from VPI, presented the leader training meeting on Wise Use of the Freezer to food leaders from all clubs. During the demonstration she emphasized care and arrangement of frozen food in the freezer, quick ways to defrost your freezer, arrangement of food on the shelves or in baskets, buying meat for the freezer, and some holiday ideas. As the number of freezers in Floyd County is increasing rapidly, this was a very beneficial demonstration. This year members reported having frozen 15,021 pints of fruits and vegetables and 14,168 pounds of meat.

c. Household Furnishings and Equipment

Printed information on this phase of Home Demonstration Club work was presented to all Home Demonstration Club members and all other interested people in the county. Two articles were published in the local newspaper publicizing information on home furnishings and equipment and individual assistance was given to 30 people on home planning, furniture selection, color ensembles, closet space, lamp selection, porch remodeling, draperies, convenience arrangements of kitchens, wall finishes and floor finishes.

Demonstrations: Finish & Care of Floors  
Selection & Care of Small Electrical Equipment  
Scoring Your Storage Needs  
Making Best Use of Existing Storage

Finish and Care of Floors. Miss Mary Settle presented a leader training meeting on Finish and Care of Floors to leaders from half of the Home Demonstration Clubs. She emphasized the advantages

found in better types of floor finishes with major emphasis on floor seal. She also discussed varnish, shellac, and other finishes. She pointed out the importance of using proper wax for the various types of floor finishes and emphasized using oil base wax on wooden floors while liquid waxes are generally best for synthetic floors. Equipment was borrowed from Farmers' Supply Hardware and was shown during the demonstration. Following the leader training meeting, the leaders toured Western Auto Supply Store and Clover Feed & Seed Store to see various floor finishes and equipment that are available locally. They also tried using the finishing equipment such as the sander and buffer that can be rented in Floyd. Printed information on floor finishes, floor care, and finishing equipment was given to each leader.

Fifty-two people reported using new methods of finishing their floors and 115 people reported using new methods of floor care. One club set up an excellent floor finish exhibit for the county achievement day program. The exhibit portrayed the steps in finishing wooden floors and also the various types of cleaning equipment and materials that are best.

Selection and Care of Small Electrical Equipment. Mrs. Coie O'Brien, Home Management Specialist from VPI, assisted the agent in preparing the demonstration on the Selection and Care of Small Electrical Equipment. The agent presented the demonstration to all Home Demonstration Clubs during the month of March. She emphasized the importance of convenience in caring for appliances and discussed the advantages of various features that are available. Also brought out were points concerning the care, life expectancy, and usefulness

of small electrical appliances. The agent used mounted pictures and small appliances in presenting the demonstration. Printed information was presented to each Home Demonstration Club member which included points to look for in buying appliances.

Scoring Your Storage Needs. Since the agent was on leave during the months of September and October, leaders from Home Demonstration Clubs were trained by Miss Mary Settle on August 27 for the September demonstration. She showed the leaders plans of a poorly arranged kitchen and had them make suggestions for improving it. They used a score sheet of general facts and scored the good and bad points of the kitchen. Not only did they plan cabinet and equipment arrangement, but also space within the cabinets. Each leader was encouraged to help members see how these ideas could pertain to their individual kitchens and also to show pictures of well-arranged kitchens. The agent was present during several club demonstrations and all members were extremely interested and eager to return home and use their score sheets to score their own kitchen.

Making Better Use of Existing Storage. This leader training meeting was also presented by Miss Mary Settle to leaders from all clubs who in turn presented the demonstration during the month of October. Miss Settle showed space saving devices that could be constructed by the leaders. The devices included cabinet racks, knife rack, drawer partitions, filing racks for shallow utensils, etc. The agent constructed a set and encouraged the leaders to borrow them for presenting their demonstration if it were not possible for them to

construct a set of their own. Pockets containing pictures of these devices were loaned to all leaders and directions for constructing the devices were given to all members.

d. Pest Control

Printed information was given to leaders and club members on the most modern methods of pest control in order to help the members recognize common household and garden pests and learn the most effective control. Articles were also placed in the local newspaper and Garden Suggestions, a leaflet prepared from VPI, was given to club members each month. Members were also encouraged to bring insects to the County Agent's Office for identification and control measures.

Demonstrations: Control of Household Pests  
Control of Garden Pests

Control of Household Pests. In March, Dr. J. O. Rowell, Extension Entomologist, presented a leader training meeting to leaders from half of the Home Demonstration Clubs. The agent presented the demonstration in half of the clubs. The leaders were given a kit of material which contained information on the most common pests and control. Dr. Rowell showed slides and films on effective control measures for pests and also exhibited equipment most useful in controlling these pests. In presenting the demonstration to the club members, the leaders and agent borrowed materials from local stores to show the best methods of control.

Control of Garden Pests. Dr. J. O. Rowell presented the garden pest control leader training meeting during the month of April to leaders from seven Home Demonstration Clubs. He pointed out the

damage caused by these common pests and strongly urged their control. He showed slides and gave each leader helpful information which they in turn presented to their club members. The Home Agent presented this demonstration to 5 clubs. The County Agent cooperated with the Home agent in presenting this demonstration to 8 of the clubs. He answered many questions of Home Demonstration Club members not only on garden pests but also on good gardening practices. As a result of the two demonstrations, 136 members reported that they had learned and used more effective pest control measures.

(2) Home Economics Committee Programs

a. Health

The Home Nursing Committee was set up in 1958 for the purpose of conducting classes on Care of the Sick and Injured. Eighteen ladies were trained and received Instructor's Certificates for teaching thirty-hour home nursing classes. In 1958, four classes were conducted and in 1959 one class was conducted by Mrs. Zelma Via of the Paynes Creek area. No plans have been made for future classes.

b. Food & Nutrition

The Food & Nutrition Committee was set up because the people in the county felt that they did not realize the importance of good health and nutrition. The following objectives and goals were set up:

To help people realize the importance of good health and nutrition.

To provide educational assistance to all who will accept it in order to help them overcome health and nutritional problems.

### Goals

- (1) Provide nutritional information to all 377 Home Demonstration Club members.

This information was distributed after each food demonstration both by leaders and the agent emphasizing the importance of well balanced meals and good nutrition.

- (2) Help at least 100 of the 900 employed women learn to prepare quick, well balanced meals.

Five news articles were prepared on well balanced meals with emphasis placed on time management. Also during night Home Demonstration Club meetings, the agent emphasized the importance of having well balanced meals that could be quickly prepared. Home Demonstration Club members were encouraged to pass their information on to other people in the community who were employed and could not attend regular meetings.

- (3) Reach at least 50 young mothers with information on the importance of child nutrition.

During nutrition demonstrations, child nutrition was emphasized. Also the use of cottage cheese in the diet stressed the importance of including milk in meals.

- (4) Encourage 100 gardeners to improve their gardens and increase the number of vegetables planted.

Two news articles were written on new varieties of vegetables and also recommended varieties of vegetables that could be planted in Floyd County. The County Agent and Home Agent, during the pest control demonstration, talked with 13 Home Demonstration Clubs emphasizing not only the importance of controlling pests to have better gardens but also encouraged recommended gardening practices such as proper cultivation, mulching, fertilization, vegetable harvest, and cookery.

Garden Suggestion Leaflets, prepared through VFI, were presented to all Home Demonstration Club members and to all other interested people in the county who requested them.

- (5) Increase the number of 4-H'ers who carry the garden project from 0 to at least 10.

Many 4-H'ers were encouraged to take this project and 5 4-H'ers completed it. The agent had hoped to help start the Sears, Roebuck Garden Contest in the county, however, nothing has materialized.

- (6) Help 150 homemakers learn the proper preparation of a wide variety of vegetables.

Demonstrations were given to 300 club members on vegetable cookery, salads, etc. It is estimated that approximately 100 people learned better practices due to these demonstrations and 654 new recipes have been used by all club members.

- (7) Teach at least 50 families the proper use of the freezer and freezing equipment.

A representative of the Appalachian Power Company gave a demonstration in the Check community on the proper use of the freezer and freezing equipment. Approximately 30 families were represented. This was also a regular club demonstration.

- (8) Help at least 20 people recognize the health hazard of obesity.

Eight news articles were written on various phases of obesity and a county wide special interest program was conducted in the form of a reducing clinic. This will be explained as a significant subject matter story.

c. Time Management

Homemakers in Floyd County felt that they were not using their time wisely and asked the Home Agent to assist them with their time management problem. As a result the Time Management Committee was set up with one main objective, to help homemakers learn to use their time wisely. The work of this committee will be explained under Section VI, A, of this report asking for a significant achievement of Extension work in home economics.

(3) Special Interest County-Wide Programs

The agent has been instrumental in presenting the following special interest county-wide programs upon request from the county residents:

Reducing clinic  
Freezers and freezer equipment  
Skin care and proper make-up  
Labor saving kitchen study and tour  
Parliamentary procedure training

The reducing clinic special interest program was open to all over-weight people in the county. The details of this special interest program will be discussed later.

###

The special interest freezing demonstration which was presented by a representative from Appalachian Power Company was conducted at the home of Mrs. Poff Simpson upon the request of people living in the Check vicinity. The people and the Home Agent invited all interested persons in the surrounding neighborhoods to attend the meeting. The Appalachian representative emphasized proper wrapping and containers available for products to be frozen. She also talked

about the best methods of preparing foods for the freezer. Another representative from the power company was also asked to present similar demonstrations in other sections of the county, however, due to an accident she was unable to carry out the plans. Approximately 30 families were represented at the Check special interest demonstration.

###

The people in the eastern end of the county were quite interested in studying care of the skin and proper make-up. They requested a representative from the Miller & Rhoads Cosmetic Department to present this demonstration to the people. Members from all surrounding Home Demonstration Clubs and other interested individuals were invited to participate. About 40 people were present to hear Mrs. Frances Watkins discuss the importance of skin cleanliness and the proper care of the skin. She also touched on the care of the hair and nails.

###

The Time Management Committee that conducted a study of the use of time of Floyd County homemakers decided that a labor saving kitchen study would stimulate interest in the time management problem. It was felt that a study of this type would help homemakers see some of the needs of improving their kitchen arrangements in order to make better use of their time. Mrs. O'Brien, Home Management Specialist from VPI, was asked to present the special interest meeting. People from all areas of the county were invited to attend by letter, newspaper, and telephone. Thirty-five people were present. Mrs. O'Brien talked about labor saving devices that are available on the market or that can be constructed for better kitchen arrangement. She discussed work

areas, cabinet space, and appliance arrangements. After the special interest meeting, three ladies in the county were contacted and asked if they would re-arrange their kitchens to comply with the suggestions made by Mrs. O'Brien and open their kitchens to the public for a county-wide tour. The ladies who agreed to re-arrange their kitchens were Mrs. Cook Yeatts, Mrs. Lonnie Keith, and Mrs. Joe Poff. The Home Agent cooperated with Mrs. Martha Horne of Appalachian Power Company in conducting the tour. Much interest was shown and ten ladies told of their plans for improving their kitchens. Printed information was given to all ladies participating in the tour and the labor saving kitchen study.

###

Home Demonstration Club presidents expressed their desire to have assistance in parliamentary procedure practices. As a result, the Home Agent worked with three clubs in preparing skits of good and poor parliamentary procedure for the county fall planning meeting. All club officers and any interested individual was invited to attend this training session. The Alum Ridge and Laurel Branch Home Demonstration Clubs gave a skit of a poor business meeting. The Willis Club gave a skit of a good business meeting. Thirteen clubs were represented at this training session and the agent noted an improvement in parliamentary procedure in each of the clubs. Booklets on parliamentary rules were given to each president along with mimeographed information of duties of the officers, order of business for a typical club meeting, and what could be expected from a good president.

#### (4) Significant Accomplishment of Extension

The Food and Nutrition Committee, with Mrs. Poff Simpson as chairman, decided that obesity is a major problem in Floyd County and that a weight reducing clinic should be organized. With the help of the committee, the agent received information from the State Health Department, local doctors, and VPI. Application forms were mimeographed and sent to all 19 Home Demonstration Clubs. The purpose of the reducing clinic was explained and all Home Demonstration Club members were encouraged to participate if they needed to reduce. Many were given extra application blanks and asked to pass them out to other people living in their community. A series of articles was printed in The Floyd Press and any interested individual was invited to participate. The requirements for joining the group included having a doctor's recommendation along with a physical check-up and his recommendation for the amount of weight that should be lost.

The first meeting was conducted in March with a series of meetings every other Monday over a period of sixteen weeks making a total of eight meetings. Topics for the eight meetings included:

Discussion by Miss Mabel Todd of the State Health Department on the importance of three good nutritious meals each day.

Discussion by Dr. R. C. Patten, a local physician, on the hazards of fad diets and reducing aids.

Lecture by Dr. F. C. Bedesaul, local doctor, on the hazards of obesity.

Demonstration by Mrs. Martha Horne, home economist from Appalachian Power Company, on low calorie meals.

A film on obesity and weight reduction.

A demonstration by local members on muscle toning exercises.

Demonstration and discussion by Mrs. Frances Watkins, cosmetic authority from Miller & Rhoads, on proper skin care and make-up.

Demonstration and discussion by Mrs. Ann Bell, local beautician, on slenderizing hair styles and hair care.

Nineteen members participated actively in the clinic. They reported that the group approach of losing weight was much easier than trying to reduce without moral support. All members reported that they tried to eat well balanced meals; that the various sessions had been tremendous encouragement, and; the total amount of weight lost was 230 pounds.

<u>Name</u>	<u>Weight at Start</u>	<u>Height Without Shoes</u>	<u>Final Weight</u>	<u>Amount Lost</u>
Mrs. George L. Slusher	152	63 "	133½	15½
Mrs. W. H. Slusher	196	61½	184	12
Mrs. Ralph Hylton	174½	62½	160½	14
Mrs. Maynard Hylton	148½	62½	131½	17
Mrs. Ersel Austin	162½	60½	141½	20½
Mrs. Alton Prillaman	233½	68½	227½	6½
Mrs. Glen Vest	161	64	146	15
Mrs. Ava Belcher	207½	61 3/4	183	24½
Mrs. Eldridge Bell	185½	65½	175½	10½
Mrs. O. D. Williams	153	62½	139	14
Mrs. G. H. Dickerson	221½	65½	219	2½
Mrs. Zelma Via	193½	63½	192	1½
Mrs. D. O. Wimmer	205½	67½	180½	25
Mrs. Herman Spangler	182	62	166½	15½
Mrs. W. E. Hale	156	61	143	13
Mrs. A. D. Spence	194½	60½	191½	3½
Mrs. Louannie Smith	204½	63	195½	9
Mrs. J. P. Weeks	165½	66½	160½	5
Troy Sumner (Mr.)	202½	71	195	7½

At the final meeting of the reducing clinic, the members decided that they needed a follow-up program to encourage them to continue their weight reduction or to maintain the amount of weight lost. They voted to meet every six months with the next meeting being

scheduled for December. During these follow-up meetings, members themselves will present demonstrations on various topics of interest to the group. The next meeting will be on low calorie foods.

The members had collected approximately \$5.00 in fines from members who had not lost at least two pounds during each two week's period of the reducing clinic. They voted to contribute this amount toward a mirror for the newly constructed Floyd County Clinic.

#### G. Other Activities

##### 1. Home Demonstration Community Projects

Home Demonstration Clubs were encouraged to select special community projects which would not only help stimulate more interest in their club but would also be beneficial to their communities. The following projects were selected:

- Food for needy families - 6 clubs
- Christmas boxes for poor - 5 clubs
- Glasses for underprivileged child - 2 clubs
- Christmas presents for needy children - 2 clubs
- Dinner for the Cancer Fund - 1 club
- Purchasing books for county library - 4 clubs
- Promoting 4-H Club work by serving as club leaders and inviting 4-H'ers to give demonstrations at meetings - 3 clubs
- Nine Home Demonstration Club members served as leaders and 4-H'ers presented 10 demonstrations to Home Demonstration Clubs.

##### 2. County Home Demonstration Objectives

The 1959 county objectives were:

###### (1) Increase Home Demonstration Club membership.

This objective was carried out by each Home Demonstration Club being encouraged to ask non club members to attend Home Demonstration meetings. Also, interested individuals were invited to attend the Home Demonstration Achievement Day program in the fall.

- (2) Encourage members to read good books and receive reading certificates.

Reading certificates were available to all club members who read at least 5 approved books. This year 48 club members received reading certificates which were presented at the Achievement Day Program. They also received special recognition in a write up in The Floyd Press.

- (3) a. Have each member exhibit their accomplishments at the Achievement Day Program.

Each club was encouraged by the agent and the president to participate in the Achievement Day Program with an exhibit. Eighteen of nineteen clubs had exhibits on display for the program.

- b. Each member bring two or more non club members as their guests to the Achievement Day Program.

The program was publicized in each Home Demonstration Club and posters were placed in public places throughout the county. There were approximately 300 people attending the Achievement Day Program.

- (4) Encourage community beautification through clean-up campaigns.

Clean-up campaigns were urged by Federation Program of Work Leaders during monthly discussions and several clubs conducted group clean-up campaigns.

### 3. National Home Demonstration Week

National Home Demonstration Week which was observed during the first week of May was quite successful in Floyd County. Seventeen of the nineteen clubs prepared exhibits for display in the various areas of the county. Exhibits were centered around accomplishments of Home Demonstration Club members, the scope of Home Demonstration work, and monthly demonstrations. A number of news articles were printed in The Floyd Press and the agent wrote a summary of work carried out during the past year. Accompanying the article were six pictures of Home Demonstration activities. Also in observance of the week, six ladies

appeared on WSLI-TV. Mrs. Poff Simpson, county secretary, told of Floyd County's observance of National Home Demonstration Week and explained its purpose. Mrs. Wade Poff, chairman of the Time Management Committee, told of the work of the committee and its significance in Floyd County. Mrs. Bob Nester, Mrs. Carson Compton, Mrs. Wade Poff, and Mrs. Eston Radford modeled clothing that they had constructed.

#### 4. Home Demonstration Achievement Program

The Floyd County Home Demonstration Achievement Day Program was conducted September 19 in the Floyd High School. Approximately 300 Home Demonstration Club members, their families, and non club members attended and eighteen clubs were represented by exhibits telling of their accomplishments in the scope of Home Demonstration Club work. Mrs. E. S. Burnett, county chairman, presided over the meeting, welcoming those present. Mrs. Franz Hinmann, pianist, and Mrs. Jacob Harman led the National Home Demonstration Song. Mrs. Dayton Burgess gave the devotional. Mrs. Carson Compton, member of the Achievement Day planning committee, was asked to narrate a program of slides telling the Home Demonstration achievements of Floyd County. The information for this report was summarized from achievement blanks filled in by every Home Demonstration Club member. One hundred per cent of the clubs submitted summaries of their accomplishments. Forty-nine slides, made by the Home Agent, were shown representing accomplishments of all of the 19 Home Demonstration Clubs.

Mrs. Mary Osterndorf, who has served for a brief time as Home Agent in Floyd County and then toured Russia, was guest speaker telling of her experiences while abroad.

Each club provided refreshments which were served following the program. The Achievement Program was publicized through the local newspaper both before and after the program

Home Demonstration Club pins, guards, keys, quills, and gavels were presented to 33 club members who had met the qualifications. Those receiving these awards and the requirements for receiving each of the awards are listed below:

#### REQUIREMENTS FOR THE H.D. PIN

1. Attend eight regular club meetings during the year.
2. Attend either the District Federation Meeting or the Institute of Rural Affairs.
3. Attend the county Achievement Program, if possible, to receive the pin.
4. Turn in a list to the club secretary of ten improvements made during the year.
5. Serve a year as an officer or leader in the club.

Mrs. Ralph West  
Mrs. Simon Thomas  
Mrs. G. H. Dickerson  
Mrs. Isaac Harman  
Mrs. Percy Reed

Mrs. Robert Harman  
Mrs. Myron Hylton  
Mrs. S. A. Roudabush  
Mrs. H. C. Sowers  
Mrs. Murphy Poff

#### REQUIREMENTS FOR THE H.D. PIN GUARD

1. Memorize the Homemaker's Creed.
2. Attend nine regular club meetings during the year.
3. Attend the State meeting of the Virginia Federation of Home Demonstration Clubs at VFI in Blacksburg.
4. Tell at least three non club members the value of Home Demonstration Club work.
5. Put into practice something learned from at least six demonstrations during the year.
6. Give a talk or demonstration or assist with a demonstration for your club or some other group.
7. Be present at the Achievement Program, if possible, to receive the guard.

Mrs. E. S. Bell  
Mrs. Leslie Bell  
Mrs. William Whitlock  
Mrs. Erman Raff  
Mrs. Henry DeWitt  
Mrs. J. S. DeWitt

Mrs. O. W. Gray  
Mrs. Wade Poff  
Mrs. W. H. Poff  
Mrs. W. E. Hale  
Mrs. Wilson Boyd  
Mrs. Herman Spangler

Mrs. Ellis Thomas  
Mrs. Otho Hylton  
Mrs. Roger Slusher  
Mrs. R. O. Slusher  
Mrs. Marvin Sowers

#### REQUIREMENTS FOR H.D. KEYS, QUILLS, AND GAVELS

1. Serve as officer or other leader in club.
2. Attend ten club meetings during year.
3. Visit another H. D. Club in the county.
4. Attend District V Meeting, State HDC Meeting, or other area events.
5. Read 5 books and receive reading certificates.
6. Put into practice ideas given in demonstrations.
7. Invite non club member to attend a club meeting and join the club.
8. Put something on exhibit during National H. D. Week or at the annual H. D. Achievement Program

Mrs. Poff Simpson - Key  
Mrs. May Goff - Key  
Mrs. R. B. Smith - Key

Miss Ethelene Sumpter - Key  
Mrs. O. H. Conner - Quill  
Mrs. Harmon Shelor - Gavel

The committee that planned the Achievement Day Program included: Mrs. Lester Agee, chairman, Mrs. R. E. Woolvins, Mrs. Ernan Naff, Mrs. Carson Compton, Mrs. Wade Poff, Mrs. Curtis Thompson, Mrs. E. S. Burnett, and Mrs. Will Reed.

#### 5. Fairs

There is no local fair in Floyd County, however, residents are invited to participate in the Roanoke County Fair. This information was printed in the Floyd County Home Demonstration Year Book and the agent encouraged interested individuals to exhibit in the fair, however, there was no participation. The Check Home Demonstration Club participated in the Atlantic Rural Exposition with a community exhibit showing their work in home and community beautification. Their exhibit placed second and they received an award of \$75.

#### 6. Tours

In April, 64 Home Demonstration Club members toured the Roanoke Valleydale Packing Company and the Rainbo Bread Company. This was an activity to observe National Home Demonstration Week which was conducted the first of May. During the tours the homemakers enjoyed

seeing the complete process of preparing meat for market and also the complete process of commercial bread making.

#### 7. District V Federation Meeting

Approximately 53 women attended the District V Federation Meeting which was conducted in Wytheville the latter part of April. Floyd County requested to serve as hostess for the District Meeting in 1960.

#### 8. Institute of Rural Affairs

Thirty-five Floyd County ladies attended the Institute of Rural Affairs this year and participated in the various sessions. Mrs. Leslie Bell was elected official county representative and reported her experiences to the Floyd Press upon return. All clubs were encouraged to have representatives there, however, only two clubs had delegates to spend the entire three days.

#### 9. Home Demonstration Dues

One hundred per cent of the Home Demonstration Clubs paid their county and state dues before March 1. The amount of \$9.50 was contributed to the Pennies for Friendship Fund.

#### 10. Federation Program of Work

Home and Community Beautification was selected as the county-wide Federation Program of Work. A special leader training meeting was conducted by Mrs. Carlis Keith and the Home Agent to train leaders in the 19 clubs for preparing three to five minute monthly talks and to encourage them to select special club projects in Home and Community Beautification. The following topics were selected:

- December - Christmas Door Arrangements
- January - Selection of Community Improvement Goal

February - Transplanting Dogwoods  
March - Care of Lawns  
April - Planning the Flower Border & Plant Exchange  
May - Litterbug Control  
June - Weed Control  
July - Flower Arrangement  
August - Flower Arrangements by Club Members  
September - Winterizing the Flower Border  
October - Care of Bulbs  
November - Principles of Landscaping

During the leader training meeting, the County Agent, Mr. Talley, and Mrs. George West, County Litterbug Campaign Manager, assisted with the discussions. Mr. Talley discussed the topics of lawn care, weed control, and transplanting dogwoods and Mrs. West discussed possible programs on "Don't Be a Litterbug." The Home Agent and Mrs. Keith gave demonstrations on the other topics. The following federation club goals were selected:

Lawn improvements - 4 clubs (cleaned up lawns, painted, pruned and planted shrubbery)  
Transplanting dogwoods - 7 clubs (77 dogwoods transplanted)  
Roadside beautification - 1 club (improved mail boxes, planted roses)  
Church improvement - 6 clubs (9 church signs erected, 5 churches improved and 1 picnic table constructed for church grounds)  
Mail box markers and farm name signs - 6 clubs (37 markers and 2 community name signs erected)

#### 11. Home Demonstration Year Book

The 1959 Home Demonstration Year Book was published by a committee composed of Mrs. Leslie Bell, Mrs. Vester Manning, Mrs. Marvin Sowers, Mrs. Alma Winchester, and Mrs. Allen Vest. Funds for printing the book were secured from four advertisers--The Bank of Floyd, Ben Franklin Store, Floyd Pharmacy, and the Piggly Wiggly. These books were essential in carrying out a successful program. In the center of the book was attached an achievement summary sheet which club members used in reporting their accomplishments for the year.

#### D. Urban Family Programs

Floyd County is all rural and, therefore, has no need for an urban program.

#### E. Farm and Home Development

Since this is the first year that the Home Agent has worked in Floyd County, she has not devoted a great deal of time toward the Farm and Home Development Program as such. She has worked with four different families on their individual problems with major emphasis placed on the Leslie Bell family and the Cook Yeatts family.

Mr. and Mrs. Cook Yeatts, an elderly couple whose home burned in 1958, have recently completed constructing a new brick home. The agent assisted in planning the arrangement of the interior of the home. She has also helped Mrs. Yeatts in making the decision for her bedroom and living room furniture.

As a result of her modern kitchen arrangement, Mrs. Yeatts was asked to participate in a labor saving kitchen tour by opening her home to any interested individual in the county for a period of two days. Approximately 30 people participated in the tour and visited Mrs. Yeatts' kitchen. Mrs. Martha Horns of the Appalachian Power Company assisted the Home Agent in helping Mrs. Yeatts plan the arrangement of her kitchen to be most convenient including the arrangement of utensils, baking center, food supplies, etc. Mrs. Yeatts is very cooperative and seems to appreciate all the help that is given her.

### III. COUNTY EXTENSION PROGRAM - YOUTH

#### A. Organization

1. County 4-H Council

The County 4-H Council, composed of officers of all 4-H Clubs and the Executive Committee is active. President of the executive council is Linda Thomson of the Check Senior 4-H Club. The council has the following objectives for 1959-60:

- (1) Each club enter the WSLC Contest.

Three senior clubs entered the WSLC scrap book achievement contest.

- (2) County Council sponsor one or more money making activities.

This goal was carried out by placing an exhibit in the Electric Congress in Richmond which won a blue ribbon and \$20 and by sponsoring the 4-H Share the Fun talent show making a profit of \$54.

- (3) Each club be represented at summer camp.

Fifty-six 4-H'ers and four leaders attended camp.

- (4) Fulfill county Short Course quota.

Fourteen girls and one boy attended Short Course.

- (5) Observe National 4-H Week.

All clubs were encouraged and almost 100% of the clubs prepared exhibits in their schools and in one local drugstore window showing accomplishments and explaining 4-H work. Floyd Senior 4-H Club had an assembly program with an International Farm Youth Exchangee as guest speaker.

- (6) Each club observe Rural Life Sunday.

The three senior clubs had Rural Life Sunday programs. The junior club members were recognized in many churches.

- (7) Support county Honor Club.

Most senior council members actually support the Honor Club.

- (8) Place exhibit in Roanoke County Fair.

Since the Home Agent was on leave and the County Agent was out of the county during the week of the Roanoke Fair, this

goal could not be fulfilled. However, an exhibit was placed in the State Electric Congress by council members.

- (9) Each club be represented at county council meetings.

The officers of each club are invited to attend county council meetings.

- (10) Conduct Share the Fun Contest.

This was conducted as a money making activity for the council with every school in the county represented.

Many of these topics will be discussed in further detail under Section III, C.

## 2. All Stars

The All Star organization has existed in the county for approximately one year. They are working with the Honor Club in encouraging boys and girls to stay in 4-H Club work, to complete projects, and to serve as leaders. They met twice during the year and they selected Iris Jean Sweeney to be the Floyd County 4-H'er who was tapped into the All Star organization this year during 4-H Short Course.

## 3. Honor Club

The 4-H Honor Club has approximately three meetings each year. The president of the organization is Mary Claiborne Jarratt. This year the Honor Club met three times. In August the Honor Club and the All Stars had a joint picnic. Following the social, ten new Honor Club members were initiated into the club. The objectives of the club are:

- (1) Sponsor 4-H Achievement Day and encourage clubs to place exhibits on display.

Achievement Day has been planned for December.

- (2) Award certificates and a small cash award to each club placing an exhibit on display during Achievement Day.

This will be done in December.

- (3) Assist younger club members with records.

Most Honor Club members are serving as junior leaders and helping with junior 4-H records.

- (4) Erect county 4-H road signs.

Posts have been purchased and a committee set up for erecting these signs.

- (5) Meet at least three times a year.

The council conducted three meetings during the year.

- (6) Have at least one public exhibit each year.

During National 4-H Week, the Honor Club set up in the county the exhibit that won first place at the Atlantic Rural Exposition.

- (7) Plan and assemble a 4-H Year Book.

A committee worked with the agent in planning a 4-H Year Book. These year books were presented to all 4-H Club members during November.

#### 4. County Youth Committee

A county youth committee was set up last year to help the agents select a project for 4-H Clubs. The county-wide project of Health was selected. The committee consisted of Mrs. C. C. Harman, Miss Rebecca Weeks, Bobby Keith, Mrs. E. H. Kingree.

##### B. 4-H Project Work

##### 1. Health & Safety

Health & Safety, as a county-wide project, was selected by a committee composed of youth and adults. Four-H'ers were allowed to select one or more projects to complete on their own. Each club in every school was encouraged to have 100% completions of the projects. A contest was set up and the club in each school with the highest percentage of project completions received 4-H Club emblems. Programs included Christmas tree safety, health needs of the individual, two

films on health, well balanced meals, planning a first-aid kit and medicine cabinet, eating a good breakfast, community health needs, first-aid and other similar topics. At least two club members in every club were asked to give demonstrations on various health and safety topics as well as topics related to other projects during every 4-H meeting. All 4-H'ers carried the Health Project and there was approximately 98% completions. Most 4-H'ers learned to equip a first-aid kit and prepare a Christmas tree safely. Perhaps the most important result was that of learning to give a demonstration properly. Junior 4-H members gave 336 demonstrations on some phase of health.

## 2. Clothing

There were 196 4-H'ers enrolled in the three divisions of the clothing project, Looking Your Best, Make or Remake, and So You'd like to Sew. These girls learned to equip sewing boxes and give demonstrations on items needed in sewing boxes. Many girls constructed simple garments and wore them to their club meeting to be modeled in front of the group. Approximately 56 demonstrations were given by club members in these projects.

## 3. Foods

There were 176 4-H'ers enrolled in the four divisions of the food project. Although monthly club meeting time was not devoted toward helping the girls with their foods projects, the girls were encouraged to give demonstrations. Twelve demonstrations were given on better breakfasts, 13 demonstrations on packing a good lunch, 75 demonstrations on making cookies, and 15 demonstrations on making candy. This project not only encouraged the girls to increase their skills in meal preparation but also in speaking before a group in presenting their demonstrations.

#### 4. Electricity

Twenty-nine girls were enrolled in the 4-H electric project. They were encouraged to complete the requirements listed in the project book and to give demonstrations on various phases of electricity. Eight 4-H'ers constructed 16 Fieldcraft lamps at a county-wide workshop conducted in the Home Demonstration Kitchen. Mrs. Martha Horne of Appalachian Power Company assisted. The county winner of the 4-H electric contest was Kay Simpson.

#### C. Other Activities

##### 1. 4-H Summer Project Groups

The Home Agent trained 14 leaders to conduct summer 4-H project groups during June, July, and August. The leaders helped the 4-H'ers select their projects which included Outdoor Cookery, Meal Preparation, Entomology, Forestry, Clothing, and Food Preservation. Nine groups met at least four times each during the three months. Most of the groups had picnics as their final meeting. This summer activity was extremely successful, encouraging 4-H'ers to become more interested in projects and in 4-H work in general.

##### 2. Camps

Fifty-six 4-H'ers and 4 adult leaders attended junior 4-H camp at Hinton, West Virginia during the week of July 4. A very interesting program of handicrafts and recreation was conducted. The Home Agent was unable to attend junior camp, however, four junior leaders and two women leaders were efficient in carrying out the Home Agent's responsibilities. Linda Thomson was in charge of the vesper program. Ernestine Foage assisted with recreation and the other leaders helped with discipline, handicrafts, swimming, etc. The younger 4-H'ers

increased their enthusiasm while the leaders developed their leadership abilities which will be very valuable in future Extension activities.

Two girls, Mary Alice Kingree and Sheila Whitlock, attended Conservation Camp representing Floyd County. Upon return these club members told of their experiences in the local newspaper and at 4-H club meetings and spread their enthusiasm to other 4-H Club members.

Ernestine Poage of the Check 4-H Club was Floyd County's only representative at the district senior 4-H camp. She wrote an article of her experiences and it was published in The Floyd Press. She reported that this was a most interesting and educational week.

Becky Poff, a 4-H All Star, was Floyd County's only representative to the YMW Camp at Camp Farrar, Virginia Beach. She also told of her experiences for The Floyd Press and is eagerly working to encourage more youths to attend this camp next year.

### 3. Rural Life Sunday

All club members in the county were encouraged to attend and participate in the Rural Life Sunday program in their local churches. The three senior 4-H Clubs planned special services at Terrys Fork, Floyd, and Willis. Club members were in charge of the program. Many of the junior club members had their ministers recognize them as 4-H'ers and speak on rural life.

### 4. Achievement Day

The 4-H Achievement Day program was conducted in December. The program was planned by a committee of 4-H'ers and leaders and approximately 80 people attended. During the program, 53 medals were awarded for outstanding work. Iris Jean Sweeney, County Council

President, presided over the program. Twelve other 4-H'ers had parts in the program and 8 of these told of their experiences at various events throughout the summer. An International Farm Youth Exchange certificate was awarded to one family who served as host to Julien Lebrun, an International Farm Youth Exchangee from Belgium. Already the agent has noticed that these awards have served as an incentive to 4-H'ers to go forward in their leadership and project work.

#### 5. Contests

Floyd 4-H Clubs participated in the WSLC club achievement contest. Floyd Senior 4-H Club won first place receiving \$25, Check Cloverettes & Clovers placed second receiving \$15, and Willis Senior Club placed third.

Four-H Club members who prepared achievement records were:

Janet Allen - Achievement, State White Award  
Linda Thomson - Clothing, State Red Award  
Iris Jean Sweeney - Dairy Foods, State Blue Award  
Jean Thomas - Entomology, State Red Award

Linda Thomson also prepared her achievement record book in Electricity and won a district blue award.

County demonstration contests were conducted in April with 12 senior club members and 9 junior members giving demonstrations. Senior club members who participated in the district contests were:

Linda Thomson - Electricity, Blue Award  
Ernestine Poage - Meal Preparation, Blue Award  
Sheila Whitlock - Home Improvement, Blue Award  
Margie Vest - Breads, Blue Award  
Becky Poff - Public Speaking, Blue Award  
Mary Alice Kingree - Frozen Foods, Blue Award  
Brenda Board - Poultry Consumption, Blue Award

All of these girls were also district winners and received trips to VPI to compete in state competition during the 4-H Short Course.

Jean Thomas and Rebecca Weeks won \$25 Savings Bonds in their Safety Achievement Records in district competition and Jean Thomas also won \$20 for her Entomology Achievement Record Book. The \$20 was used toward her expenses to the 4-H Short Course.

Loreeta Nixon also participated in the district dress revue contest and received a red award.

During 4-H Short Course the following 4-H'ers won contests:

Margie Vest - Breads, first place, \$50 Savings Bond  
Becky Poff - Public Speaking, third place, \$25 Savings Bond

Four girls won trips to the American Institute of Cooperatives in Urbana, Illinois. They were Mary Alice Kingrea, Mary Claiborne Jarratt, Rebecca Weeks, and Jean Thomas. As a result of these recognitions these senior 4-H'ers are pushing forward to better themselves and are helping younger 4-H'ers achieve so that they, too, can share in these experiences.

#### 6. Share the Fun Contest

The 4-H Share the Fun Contest was conducted on April 25 with 50 4-H'ers participating in 25 talent acts. Four-H'ers to participate in the talent show were selected from individual club talent programs conducted during the winter. Committees of school teachers made the selections. Winners in the senior division were Linda Thomson - first place, vocal solo; David and Danny Turman - second place, brass duet; and Jean Thomas, third place, flute variety. Junior division winner was Phyllis Williams with a tap dance. As the two first place senior division winners in the Share the Fun Contest could not participate, Jean Thomas represented the county and was one of the finalists who participated in the State Share the Fun Contest.

Many of these children in the talent show had never before appeared before an audience, thus it was a very educational experience for them. Many parents expressed their appreciation for giving their child this opportunity.

#### 7. 4-H Electric Congress

The County Agent accompanied three 4-H'ers and one adult leader to the 4-H Electric Congress in Richmond. Kay Simpson and Gary Gray were county winners in the electric project receiving expense paid trips. Margie Vest, past state winner and alternate national winner, received her trip in order to help with recreation. She also presided over one session and spoke on her 4-H achievements. Mrs. Hugh Vest was the leader who accompanied the group. The Floyd County delegation also set up an exhibit with the theme, "Floyd Flashes Forward." They received a blue award and won \$20 on the exhibit. The publicity and reports from these 4-H'ers has stimulated interest in the electric project in the county.

#### 8. Safety Exhibit

Mrs. Hugh Vest's seventh grade 4-H club volunteered to place an exhibit on display during the district safety conference which was conducted at Hotel Roanoke in May. Eight 4-H'ers attended the safety conference to help set up the exhibit, participated in a safety banquet, and attended several conferences. This was quite an educational experience and most of the 4-H'ers had never been in a hotel or attended a banquet. The many exhibits on display also helped the 4-H'ers to become very safety conscious.

#### 9. International Farm Youth Exchange

During four weeks in April and May, Floyd County served as host to an International Farm Youth Exchange, Emma Rocha, from Argentina. She lived with the Poff Simpson family in Chock where she served as an excellent grass roots ambassador for Argentina. Her influence, however, reached out over the entire county as she visited many organizations and homes. Everyone who met her was impressed after only a few minutes of listening to her explain the customs of Argentina and her people. She did much to create international thinking and goodwill in Floyd County and many people have expressed a desire to include more activities of this type in the Extension program.

#### 10. Social & Other Activities

In 4-H Club work, social activities are important to build and maintain interest of the youths. During the December and May meetings of the junior clubs they were encouraged to have refreshments or parties. Most of the members who furnished refreshments first gave demonstrations or talks on making the refreshments then served them to the 4-H'ers. Also, all summer project groups ended their meetings with a picnic, party, or other social.

In order to interest new members in joining their clubs, the three senior 4-H clubs conducted socials combined with well planned meetings. These consisted of watermelon feasts and parties.

During the year, the senior clubs also sponsored two Soak Hops open to the public, a bake sale, and several club parties.

#### IV. SCOPE OF WORK

## A.

	1955	1956	1957	1958	1959
No. H. D. Clubs	19	21	19	19	20
Membership	510	500	440	377	377
No. H. D. Groups (unorganized)	0	0	0	0	0
Membership	0	0	0	0	0
No. 4-H Clubs	20	20	19	18	21
Membership	338	319	322	329	353
No. YMW Clubs	0	0	0	0	0
Membership	0	0	0	0	0
No. Community Clubs	3	3	2	2	1
Membership	350	327	185	185	75
No. Home Ec. Committees	0	0	0	0	3
No. General Interest Committees	0	0	0	0	0
No. Youth Committees	0	0	0	1	1
No. Other Organizations	0	0	0	0	0
No. Farm & Home Dev. Families	0	2	3	4	4
No. Other Families reached		765	800	850	800
<u>No. Different families reached</u>		<u>1440</u>	<u>1475</u>	<u>1490</u>	<u>1450</u>

## B. Work Done to Increase Scope of Extension Service

The public has been informed of Home Demonstration work through regular articles placed in the local paper each week. Also included in the paper were articles on all special events with accompanying pictures whenever possible and a schedule of each week's activities. Outstanding events were published in the Roanoke daily newspaper and twelve television programs were prepared for the WSLR station in Roanoke. Participating in these programs were 4-H Club members, Home Demonstration Club members, and the Home Agent. Regular reports of events and the schedules were also sent to WSLR-TV and were used on the Glen Howell Farm and Home Program.

To interest outsiders in Home Demonstration Club work, non club members were invited to the Home Demonstration Achievement Program where a review of the year's activities was presented in the form of slides and 18 exhibits displayed accomplishments of Home Demonstration Club members. During National Home Demonstration week, exhibits

were set up in most local communities telling the scope of Home Demonstration work and inviting non members to join.

Young homemakers were contacted personally and invited to join the clubs in many areas. The Home Agent worked with any individual in the county upon request and discussed Home Demonstration work with them. Also upon request, recipe leaflets and information bulletins were distributed to interested individuals and to club members who were to pass them on to others in the communities.

## V. LEADERSHIP

### A. Growth of Leadership

#### 1. Overall program leaders

	1957	1958	1959
a. County Agricultural Ext. Ser. Board	1	1	1
b. Youth Council	0	0	0
c. Home Economics Council	0	0	0

#### 2. Home Demonstration Club Leadership

	1955	1956	1957	1958	1959
No. organizational leaders			96	120	126
No. project leaders (Subject Matter)	154	151	137	79	80
No. Federation program of work chairmen	22	21	18	19	19
No. program development leaders	19	20	18	19	19
No. result demonstrators		9	15	5	3
No. training meetings by specialists	6	7	3	6	7
No. training meetings by dist. agents	2	2	1	1	0
No. training meetings by agents	3	4	12	10	6
No. training meetings by others	0	0	3	1	0
Attendance at all training meetings	260	160	317	279	281
No. meetings held without an agent	215	146	117	116	119
No. meetings leaders assisted	3	32	18	0	48
Demonstrations by leaders	215	146	135	98	147
Talks and discussions by leaders	395	362	402	114	110

#### 3. 4-H Club Leadership

	1955	1956	1957	1958	1959
No. Club Officers	125	147	137	137	207
No. adult project leaders	15	10	13	10	15
No. junior project leaders	23	12	15	10	9
No. result demonstrators	5	2	5	0	0
No. training meetings by specialists	0	0	0	0	0
No. training meetings by dist. agents	0	0	0	0	0

4-H Club Leadership (cont'd)

	1955	1956	1957	1958	1959
No. training meetings by agent	0	0	2	3	3
No. training meetings by members club dept.	0	2	0	1	0
No. training meetings by others	0	0	0	0	0
Total attendance at ldr. tr. meetings	0	50	55	34	30
No. 4-H leaders trained individually	10	11	12	15	10
No. club mtgs. held by ldr. w/out agent	82	45	37	4	74
No. additional club meetings at which leaders assisted	12	10	28	142	95
No. demonstrations given by adult ldrs.	52	17	20	5	30
<u>No. demonstrations given by junior leaders</u>	<u>30</u>	<u>44</u>	<u>47</u>	<u>98</u>	<u>115</u>

B. Leadership and Accomplishments of an Individual

Jean Thomas, a junior in high school and a member of the Floyd Senior 4-H Club, is making rapid progress in developing into an outstanding individual. Until recently Jean was a timid, shy, little girl who lived about thirteen miles from Floyd on the Skyline Drive on her father's farm.

Although Jean was a 4-H Club member in the grades, she was never extremely interested in outside activities or social life until just recently. Over a year ago Jean began to realize the opportunities that were available to her through 4-H Club work and after having a conference she selected several projects in which she was most interested. She worked diligently in every undertaking and began to take responsibility in her local club. Soon she began to be recognized as a leader.

This year she was elected vice president of her club and did an excellent job of planning programs for each meeting. Entomology and Safety were among her more outstanding projects. She entered her Entomology Achievement Record in state competition and received a red award and \$20 to cover expenses to the state 4-H Short Course.

She submitted her safety records in district competition and received a \$25 Savings Bond.

As program chairman of her club she interested the members in farmer cooperatives and planned several programs on various topics of co-ops. As a result, she and three other senior club members were state winners and received all expense paid trips to the American Institute of Cooperatives in Urbana, Illinois.

When Jean attended State 4-H Short Course she participated in the Share the Fun talent try-outs and was one of the finalists to appear on the state Share the Fun program the last night of the Short Course. She was also asked to try out in the talent show in Urbana, Illinois and was selected as one of ten from thirty-eight contestants to appear on the talent program.

As a result of these 4-H activities, Jean is becoming a very mature individual who is well liked in her class and who is readily recognized as a potential leader. Younger 4-H'ers are beginning to admire and respect Jean's accomplishments and this year she interested ten younger 4-H'ers in attending her first junior summer project group.

Jean is rapidly becoming one of the most outstanding young people in Floyd County and she has stated that she owes most of her success to her experiences in 4-H which have helped her to have a broader outlook on life and to become a mature individual. Each achievement seems to provide a new challenge for her to work even harder and after each accomplishment she is even more enthusiastic. Of most importance is the fact that one of her chief ambitions is to help others have the opportunities that she has had.

For the coming year she plans an even more extensive 4-H program and will serve as reporter of her 4-H club, song leader of the Honor Club, and secretary of the County Council. She also wants to serve as a camp junior leader and conduct another summer project group. It is a great pleasure to see someone take advantage of Extension opportunities as Jean has done.

#### VI. A. SIGNIFICANT ACHIEVEMENT OF EXTENSION WORK IN FLOYD COUNTY

##### Time Management

A Time Management Committee composed of Mrs. Wade Poff, chairman, Mrs. Lealie Bell, Mrs. Henry Salyer, Mrs. Graydon Bond, Mrs. Morris Phillips, and Mrs. Lester Agee met in January, 1959. They reviewed the Virginia Plan for reaching the people and also the Floyd County situation. They discussed the problem of time management among homemakers in Floyd and decided that something should be done to help these people improve their time use. They stated that their objective was to help homemakers learn to use their time wisely. It was felt that not enough information was available for this committee so they decided to meet again with the assistance of Mrs. Cicie O'Brien, <sup>Home</sup>Time Management Specialist from VPI, Blacksburg.

At the following meeting, this committee decided to make a time management survey of at least fifty people in the county including fulltime and employed homemakers, Home Demonstration Club members, and non club members, in order to determine how the average homemaker in Floyd uses her time.

While making this survey they also decided to stimulate interest by having a study of a labor saving kitchen. This was

presented by Mrs. Ocie O'Brien. She emphasized convenient arrangements, devices, and the importance of good planning. Approximately thirty people were present. As a follow-up, the ladies toured three modern kitchens with emphasis placed on labor saving arrangements. Mrs. Martha Horne of Appalachian Power Company worked with the agent in conducting this tour. About thirty people participated in the two-day event visiting the homes of Mrs. Cook Yeatts, Mrs. Lonnie Keith, and Mrs. Joe Poff. Both, the tour and the labor saving kitchen study, were open to the public.

The survey was quite successful. Approximately 70 women were asked to keep records of their time use and 50 of these were selected for final tabulations. Forms for this study were worked up by Mrs. Ocie O'Brien, Home Management Specialist from VPI.

After the records were completed, Mrs. O'Brien returned to the county and met with the committee twice to make tabulations of the findings of the study. After the tabulations were completed she returned to the county for another committee meeting in order to explain the findings to the committee and to work with the committee in deciding how these findings could be used to the best advantage for the Floyd County people. The committee decided to conduct two group meetings in different areas of the county inviting those who participated by keeping a time use record. During the meetings Mrs. O'Brien gave each person their time use record and helped them evaluate it and determine the phases of work in which they were most efficient and less efficient. She also gave the ladies an opportunity to ask questions and make comments concerning their individual problems. Nineteen people participated in the two sessions. Following is a summary of the Floyd County study.

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TABLE I

Comparison of Average Time Spent on Six Homemaking Activities  
(by 41 Full-time and 13 Employed Homemakers in Floyd County, Virginia)  
Spring, 1959

Activity	Average Time Used During Week					
	Full-time Homemakers		Employed Homemakers		Difference	
	Hrs.	Min.	Hrs.	Min.	Hrs.	Min.
Preparation of Meals	14	40	11	25	3	15
Washing Dishes	7	35	6	15	1	20
Physical Care of Family	12	40 <sup>a</sup>	10	25 <sup>b</sup>	2	15
Washing Clothes	3	<sup>c</sup>	2	15 <sup>d</sup>		45
Ironing Clothes	2	25	2	15		10
Regular Care of House	8	40	7	50		50
Total	49	--	40	25	8	35

- a. Eleven full-time homemakers spent no time on physical care of family members.
- b. Three employed homemakers spent no time on physical care of family members.
- c. One full-time homemaker spent no time on washing clothes.
- d. One employed homemaker spent no time on washing clothes.

TABLE II

Average Time Spent by 22 of the 41 Full-time Homemakers on Selected  
Homemaking Activities by Age of Youngest Child.  
Floyd County, Virginia - Spring, 1959

Age of Youngest Child*	Percent Homemakers Having	Average Time For:							
		Six Activities		Physical Care		Wash		Iron	
		Hrs.	Min.	Hrs.	Min.	Hrs.	Min.	Hrs.	Min.
Under 2 Years	12	66	30	30	26	3	54	3	50
2-5 Years	31	49	13	12	25	2	55	2	45
6-10 Years	12	51	20	11	40	3	25	3	35

\*19 Full-time homemakers did not have children in these age groups.

TABLE III

Average Time Spent by 10 of the 13 Employed Homemakers on Selected  
Homemaking Activities by Age of Youngest Child.  
Floyd County, Virginia - Spring, 1959

Age of Youngest Child*	Percent Homemakers Having	Average Time For:							
		Six Activities		Physical Care		Wash		Iron	
		Hrs.	Min.	Hrs.	Min.	Hrs.	Min.	Hrs.	Min.
Under 2 Years	7	43	30	9		2		4	
2-5 Years	38	41	8	10	55	2		3	55
6-10 Years	30	36	15	8	12	2	15	2	55

\*3 employed homemakers did not have children in these age groups.

TABLE IV

Percent of Homemakers Having Certain Household Equipment and Facilities.  
(41 full-time and 13 employed homemakers in Floyd County, Virginia)  
Spring, 1959

Item	Full-time Homemakers	Employed Homemakers
	Percent	Percent
Washing Machine		
Automatic	17	23
Conventional	81	69
Iron		
Steam	44	62
Conventional	56	38
Adjustable Ironing Board	41	69
Vacuum Cleaner	88	77
Freezer	44	31
Hot and Cold Running Water	85	84
Bathrooms	78	85
Sinks	98	100

TABLE V

Frequency of Performing Certain Household Tasks and the Work Techniques  
Used by Certain Floyd County Homemakers. (41 full-time and 13 employed)  
Spring, 1959

Item	Full-time Homemakers	Employed Homemakers
	Percent	Percent
<u>Frequency of Ironing Sheets</u>		
Always	22	8
Occasionally	32	8
Never	46	84
<u>Frequency of Ironing Towels</u>		
Always	15	0
Occasionally	12	8
Never	73	92
<u>Method of Drying Dishes</u>		
Air Dry	51	54
Towel	49	46
<u>Frequency of Grocery Shopping</u>		
Weekly	32	46
Twice or more weekly	51	46
Less than weekly	17	7
<u>Meals Planned In Advance</u>		
Not at all	44	30
For one day	47	62
For two days	10	8
For one week	0	0
Use Vacuum Cleaner for Dusting	97	100

TABLE VI

Frequency of Use Made of Convenience Foods  
(by 41 full-time and 13 employed homemakers in Floyd County, Virginia)  
Spring, 1959

Type of Food	Frequency	Full-time Homemakers	Employed Homemakers
		Percent	Percent
Commercially packaged mixes	Most of Time	17	23
	Part of Time	61	46
	Not at all	22	30
Homemade Mixes	Most of Time	12	8
	Part of Time	54	39
	Not at all	34	53
Bakery Bread	Most of Time	12	54
	Part of Time	85	46
	Not at all	2	0

TABLE VII

Frequency of Participation in Community Activities  
(by 41 full-time and 13 employed homemakers in Floyd County, Virginia)  
Spring, 1959

Activity	Full-time Homemakers	Employed Homemakers
	Percent	Percent
Church	61	30
	39	30
Home Demonstration Club	75	46
	5	8
Other	51	30
	29	0

TABLE VIII

Comparison of Average Time Spent in Community Activities During One Week  
By 41 full-time and 13 employed homemakers) Floyd County, Virginia)  
Spring, 1959

	<u>Average Time</u>	
Full-time Homemakers	10 Hrs.	30 Min.
Employed Homemakers	5 Hrs.	58 Min.
Difference of	4 Hrs.	32 Min.

TABLE IX

Comparison of Special Responsibilities Carried by Homemakers in  
Certain Organizations.  
By 41 full-time and 13 employed homemakers in Floyd County, Virginia)  
Spring, 1959

Activity	Full-time Homemakers	Employed Homemakers
	Percent	Percent
Church	100	46
Home Demonstration Club	75	46

TABLE X

Comparison of Attitude of Homemakers Toward Homemaking Activities.  
(By 41 full-time and 13 employed homemakers in Floyd County, Virginia)  
Spring, 1959

Attitude of Homemakers Toward Homemaking Activities

Homemaking Task	Full-time Homemakers	Employed Homemakers
Like Best	Foods - 47%	Foods - 39% House Care - 39%
Like Least	Ironing - 34%	Ironing - 46%

Other Data

The size of the household of the two groups was similar, 3.8 persons for the full-time homemakers and 3.3 persons for the employed.

TABLE XI

Comparison of Clock Hours Used and Work Units Accomplished.  
 (By 41 full-time and 13 employed homemakers in Floyd County, Virginia, Spring, 1959)

Activity	Time Used	Work Load	Ratio of Work Load to Time Used	Time Used	Work Load	Ratio of Work Load to Time Used
Meal Preparation	14.7	12.2	.83	11.4	9.4	.82
Washing Dishes	7.6	7.8	1.02	6.3	7.0	1.11
Physical Care of Family Members	12.7	7.8	.61	10.4	7.8	.75
Washing Clothes	3.0	2.7	.90	2.3	2.7	1.17
Ironing Clothes	2.4	2.6	1.08	2.3	2.5	1.08
Regular Care of House	8.7	6.4	.73	7.8	6.5	.83
Totals	49.1	39.5		40.5	35.9	

If the calculated work load is greater than the clock hours, the worker is more efficient than the average person.

If the calculated work load is less than the clock hours, the worker is less efficient than the average person.

The calculation of the work unit does not take into consideration the quality of work. Therefore, it is difficult to determine whether the quality of work has suffered when the ratio of the work load to time spent is more than one, and whether a ratio of less than one indicates a slow worker or a worker with very high standards.

#### B. Public Relations

The Home Agent and County Agent have cooperated in carrying out the 4-H Club program throughout the year and in other related activities. The County Agent also worked with the Home Agent in giving demonstrations on garden pest control to several Home Demonstration Clubs. Weekly conferences were scheduled to discuss coming events and work of the agents.

The Home Agent has cooperated with other county workers including the Health Department, Welfare Department, etc. She cooperated with the Health Department by asking all Home Demonstration Club members to answer health questionnaires concerning physical check-ups, X-rays, and other pertinent information. The Welfare Department supplied names of needy individuals and families to Home Demonstration and 4-H Clubs so that they could present baskets to these families during Christmas. Home Demonstration Club members also assisted with the Bloodmobile, TW Mobile Unit, and the Red Cross Drive.

Newspapers and television were used to inform the general public of Extension programs and the general public was invited to many of the Home Demonstration and 4-H activities such as achievement days, talent programs, and social activities. Several articles have been placed in the local newspaper emphasizing that the agent is happy to work with any individual upon request. She also stated that there was a pressure cooker gage tester in the office and would be happy to test gages for any person. She has given numerous IFYE talks on her experiences as an International Farm Youth Exchangee to Brazil.

As an expression of appreciation for the cooperation of the Board of Supervisors in Home Demonstration and 4-H Club activities, the Home Demonstration Clubs decided to serve a luncheon to the entire board. Any club may volunteer to provide this service each year. The Alum Ridge Home Demonstration Club served the Board of Supervisors in June and the members expressed their appreciation for the courtesy and the delicious meal. Board members and county officials were also sent a special invitation to the annual Achievement Day program. The agent has also discussed Extension activities with members of the school board and with elected representatives.

Commercial agencies have been extremely cooperative in Floyd. The Home Demonstration Year Book is sponsored by four advertisers-- The Bank of Floyd, Floyd Pharmacy, Ben Franklin 5 & 10, and Piggly Wiggly. The local furniture store, Harris & High, cooperated by lending equipment for the labor saving kitchen study. The Farmers' Supply, Western Auto, and Clover's Feed and Seed Store arranged displays of floor finishing and cleaning equipment for a leader training meeting. They also loaned the equipment to the agent and leaders to give the demonstration. The feed and seed store provided equipment for the demonstrations on garden pests and household pests.

#### C. Professional Improvement

The agent has attended several schools conducted through the state Extension personnel, including a course conducted by Singer on "Knowing Your Sewing Machine", Communications Training School, the Virginia Home Economics Convention, the Institute of Rural Affairs, and Outlook Information School. She also felt that the group and individual evaluations by the District Agents in January was a great

help toward personal improvement. She cooperated with the County Agent in preparing a long-time program of work through suggestions submitted by home economics and general interest committees. This long-time program of work helped her gain a better insight of the situation as it now exists in Floyd County and also to have a more concrete idea of work that needs to be accomplished in Floyd County. She has read special articles in Extension News, Extension Service Review, Forecast of Home Economics, What's New in Home Economics, Journal of Home Economics and other educational bulletins prepared by the Extension Service. She is a member of the Virginia and American Home Economics Association and the National and State Home Demonstration Agents' Association.

#### VII. THE LOOK AHEAD

During the past year the Home Agent was on maternity leave for two months, September and October. As a result, the leaders were cooperative and the agent feels that there will be greater leader responsibility in the future, now that they have realized their own capabilities. The people in Floyd County are extremely cooperative and welcome Extension work. They are eager for new activities and ideas and most of the Home Demonstration Club members and 4-H members are willing to cooperate to make the Extension program successful. There is a definite need of 4-H adult leaders in the county. Although many junior leaders and twelve new adult leaders have been developed this year, the agent would like to encourage many more adults to serve in this capacity. During the past year the agent worked with the County Agent in securing senior 4-H Club boys

in two of the senior clubs. Previously there had been no senior 4-H boys in Floyd County. She plans to continue striving for senior boys in the county as she feels that this is a vital part of Extension work.

The agent would like to work individually with the officers of the Home Demonstration Clubs in helping them to carry on more effective monthly meetings. This year she plans to visit each Home Demonstration Club president and review with her parliamentary procedure and her responsibilities as president of her club. She also plans to have special interest meetings with leaders taking a greater responsibility in these meetings.